



Details

65 yrs.+

Free for Danville residents.

6 sessions free for all others. \$40 a session thereafter.

Sliding scale financial assistance available

Email Reed @
ReedG@discoveryctr.net
or phone 925 837 0505

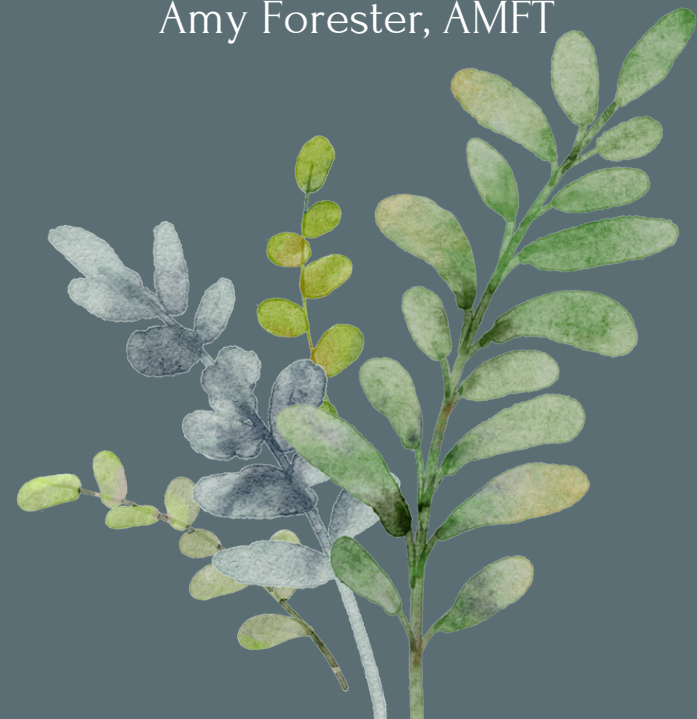



Senior Group

Tuesdays 12pm-1:15pm

Discovery Counseling
Center
115A Town and Country Dr
Danville, CA

Facilitated by:
Reed Goertler, AMFT
and
Amy Forester, AMFT





A supportive group environment for seniors to feel more connected by helping them gain new ideas on how to cope with challenges commonly faced by seniors including issues of physical and mental health, coping with grief and loss, loneliness, stress, and life transitions.

The goals of this group are to create connection, gain insight on common issues, and build resilience and a sense of community.