



## Details

65 yrs.+

Free for Danville residents.

For non-Danville residents, the first  
6 sessions are free, \$40 a session  
thereafter.

Sliding scale financial assistance is  
available.

Email Amy Forester  
[amyf@discoveryctr.net](mailto:amyf@discoveryctr.net)  
or phone 925 837 0505 x326





## Senior Group

Tuesdays 12pm-1:15pm

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

Facilitated by:  
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.