



SENIOR SUPPORT GROUP 65+

Tuesdays
12:00-1:30pm

Ongoing weekly sessions

Facilitated by:

Amy Forester, AMFT
at

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

To join the next meeting:
amyf@discoveryctr.net
or call 925 837 0505
x326





A supportive group environment for seniors to build community and tools to help cope with common challenges including issues surrounding physical and mental health, grief and loss, loneliness, stress, and life transitions.

Free for Danville residents.

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

Financial assistance is available.

