

Women with Wisdom

Weekly small group for women over 50. Come together with other women to talk about, and process, the unique joys and challenges we experience in our later years.



Treatment focus:

- ❖ Exploring and managing feelings related to life role transition.
- ❖ Increase available social network.
- ❖ Increase feelings of vitality and zest for life.
- ❖ Decrease worry and fearful thoughts and increase optimistic, problem-solving thoughts.

Sign up now to begin on March 10th, 2025!

Mondays from 5:00 p.m. – 6:00 p.m.

Family Therapy Associates, 150 West 1st Street, Suite 270, New Richmond, WI

For more information, contact Deb Ramacher, deb@ftacounseling.com, 715-246-4840, ext. 157