

FAMILY

THERAPY ASSOCIATES, LLC

150 W First St, Suite 270, New Richmond, WI 54017
715-246-4840
www.ftacounseling.com

Navigating the Golden Gap



**Thursdays beginning April 18th – 6 weeks
3:30-4:30 pm**

**For individuals approximately 60+ who are
moving into a new stage in life**

Treatment Focus:

- Explore the gap between who you were and what lies ahead
- Learn skills that will help you establish social support
- Process the loss of meaning that occurred due to retirement, divorce, death, empty nest, or other transition
- Discover ways to develop connection and companionship
- Discuss things you've learned and things you wish you'd have known
- Share insights, reflect on growth, and find peace with the past

Cost: Most insurance accepted. Discounted prepaid cash rate available.

Where: **150 W First St, Suite 270
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****Please call 715-246-4840 to register****