

Facing Transitions in your Sixties - You Need Not Do it Alone!



Sixty-plus - so many changes! So many opportunities!

For some women, it's the most exciting times of their lives.

But for others, approaching and reaching their sixties brings new challenges and questions - about job, about family, about their bodies...their future.

Some women can work their way through these transitions alone. A few can do it with their spouses or friends.

But for many others, a group of women meeting regularly, led by an experienced therapist, helps them open up and discuss their feelings, their challenges, their choices.

And together, with their different life experiences, they discover solutions they may not have conceived themselves. And they begin seeing their gatherings as a chance to share, to learn - and to leave feeling better about their future.

Sandy Orenstein is a licensed independent clinical social worker who has more than thirty years of private practice psychotherapy experience. Simple arithmetic tells you she's been in practice long enough to have seen clients faced with most every challenge you could imagine. She's run group sessions with women facing transitions at different stages and ages of life. She knows how to facilitate, how to listen, how to guide groups toward solutions. You can learn more about her at www.sandyorenstein.com.

There's no need to struggle alone. Sandy and other group members can help you talk out your special issues that you'll discover are much the same as those faced by other women.

To learn more about this group, email sandy@sandyorenstein.com with your phone number, Or call **617-738-6576**. See if this approach offers a path to the optimism you deserve about yourself and your future.