



WOMEN RESHAPING LIVES

Counseling Practice of Susan L. Levine, MA, LPC

“Support for
Transformative
Change.”

EMPTY NEST SUPPORT GROUP

Has life in your house changed this year? Are you wandering around your home feeling a little lost? Maybe you miss the familiar family routine.

We can be startled by what feels hard when somebody leaves home. Your child's graduation milestone may feel like your loss. In this Empty Nest Support Group we will explore:

- * Emotions of Letting Go*
- * Who Am I Now?*
- * What Do I Do With Myself Now?*

When: Thursdays September, 6, 13, 20, 27
7:00 - 8:30 pm

Where: Simsbury Chiropractic & Wellness Center
540 Hopmeadow St., Simsbury, CT

Cost: \$139.00 for 4 sessions

Facilitated by: Susan L. Levine, MA, LPC

Call: 860-810-3915 or e-mail susan@womenreshapinglives.com

Space is Limited - Sign Up Today!

