

Group for Women in Transition

*Facilitated by Deborah Dowse Runyeon, MFT, CGP**

Would you like to become a more joyful person?

Growing older provides a wonderful invitation to have a more meaningful second adulthood. Come together with other women 40 years old+ in group support to explore and embrace these possible challenges:

- ❖ *Caring for parents*
- ❖ *Losses of: loved ones/status quo/youth/intimacy*
- ❖ *Divorce/separation/late marriage/ongoing single life/widowhood*
- ❖ *Empty nest/reconnecting with your partner*
- ❖ *Perimenopausal/menopausal symptoms*
- ❖ *Old job/new job/no job*

See how the group experience can add richness to your personal journey.

**Groups now forming
Mondays or Wednesdays 6:30–8 pm
Fee: \$50 per group (\$200/month)**

For more information call Deborah
at 650-363-0249 x111
www.counselingforwomeninredwoodcity.com
a complimentary pre-group interview is required

Deborah Dowse Runyeon, MFT, CGP has several years of experience working with families, couples, individuals and groups. She has helped clients in groups become more empowered through peer support and therapeutic intervention. Deborah believes that people deserve the opportunity to lead happy and fulfilling lives.*

**CGP: Certified Group Psychotherapist*



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