



Laurie Sloane LCSW, Psychotherapist

# Virtual support groups for midlife women

## Starting March 1st

I'm forming a virtual support group designed specifically for midlife women, offering a safe and supportive space to share, connect, and grow.

Together, we'll explore the unique challenges of this life stage, from menopause to career changes, relationships, retirement planning, and everything in between.



## WHY YOU SHOULD JOIN



### Open to all

My groups are designed for all women experiencing changes that come with midlife. Groups will be small 6-12 participants, so that everyone can share their experience.



### A forum for discussions

You'll have the opportunity to share your dreams, frustrations, and triumphs in a confidential and supportive environment.



### Confidential

My groups are secure and confidential. We will work together through coping strategies and reflect on next steps in a safe environment.



**LET'S TALK!**

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