Senior Women’s Support Group

This is an ongoing, low-fee group for older women who are isolated or stressed by life circumstances and could benefit from sharing with other women in a supportive environment. Members listen and share with the aim of creating a group where they can learn from each other and continue to grow and develop.

The group meets every Thursday, from 1:30pm to 3:00pm, at El Cerrito Midtown Activity Center, 10940 San Pablo Ave., in El Cerrito.

$12 for El Cerrito residents. $14 for non-residents.

Must contact Amy Glick, MFT at (510) 220-5043 Before attending class and for more information.