



# *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.