

# Women in Transition II



This discussion group is for women in their 60's & 70's setting new goals, experiencing changes in family relationships and friendships, and creating a network of support. Share your cares and concerns with others in a comfortable and confidential environment.

Facilitated by:

**Susan Flaster, RN, BSN, MPA, CMCN**

**Cindy Kramer, MEd, MSW**

Areas of discussion may include:

- Finding something meaningful
- Housing options – senior developments, home sharing, living with children
- Role of your friends
- Bucket lists
- How to ask for help
- Distance from family

Eight-week program, March 30th– May 18th, 2015

Monday afternoons, 1:30 to 3:00 PM

West Windsor Arts Center, 952 Alexander Road, Princeton Junction

**Registration fee \$36 per person**

**Pre-registration is required**

For more information or to register, visit [www.jfcsonline.org](http://www.jfcsonline.org)  
or contact Lara Wellerstein at 609-987-8100 or [laraw@jfcsonline.org](mailto:laraw@jfcsonline.org)

**Hurry! Space is limited!**

