



## Support Later in Life

Thursdays from 10am – 11:15am

April 18 – May 23

This is a 6-week support group for older adults that will focus on topics such as:

Self-care  
Coping with Grief  
Setting Boundaries  
Time Management  
Staying Healthy

This group is a safe place with trusted group members; participants can both provide and receive support from others as they heal.

Snacks will be provided.

*Groups are led by qualified and compassionate professionals trained to address issues of domestic and sexual violence.*

### Sign Up Today!

There is no cost for this group and free childcare is available by appointment.

If you are interested in participating, please call Cathy at 262.547.4600 to register.

### Location

The Women's Center  
505 N East Avenue  
Waukesha, WI 53186  
Business: 262.547.4600  
Hotline: 262.542.3828  
[www.twcwaukesha.org](http://www.twcwaukesha.org)

THE  
**Women's  
CENTER**  
*Safety. Shelter. Support.*

