

Aging With Connection



Aging With Connection is back
and accepting referrals



Tuesdays and
Wednesdays at 11AM

Aging With Connection is a weekly psychoeducational and skills-building group designated to help older adults navigate the changes of aging with greater **confidence, purpose, resilience, and community**. Rather than focusing solely on socialization, group members will learn practical skills and gain resources for navigating this stage of life. **Connection and community are built naturally along the way.**



Topics include

- Understanding what's normal as we age physically, emotionally, socially, and cognitively
- Healthy routines, sleep, movement, and self-care
- Emotional wellness and stress management skills
- Coping with loneliness and social isolation
- Grief, loss, and major life transitions
- Retirement, widowhood, changing family roles, and changes in independence
- Maintaining healthy boundaries with family and adult children
- Finding meaning, identity, and purpose as roles change
- Integrity vs. Despair: Life review, acceptance, and meaning-making
- Understanding mortality and using that awareness to live more intentionally
- Legacy, advance planning, and identifying what matters most
- Technology, safety, and staying connected
- Identifying and accessing **community resources**, including recreation, transportation, healthcare, housing, lifelong learning, and other supports



This group may be especially beneficial for older clients who are experiencing:

isolation, grief, adjustment to life transitions, changes in identity or purpose, or simply a desire to feel more engaged and connected.



LINDNER
CENTER OF HOPE

Contact: Tiffany Bryant at
tiffany.bryant@lindnercenter.org