



The Snow Psychology Group

WWW.SNOWPSYCH.COM



Adjusting to Life After Retirement Group

Where: The Snow Psychology Group, LLC
6274 Montrose Rd
Rockville, MD 20852

When: Ongoing Thursday Mornings, 9-10 AM

Who: Adults who are adjusting to life transitions following retirement, including identity issues, changes in social network and family dynamics, and age-related health concerns. Group therapy can be an excellent supplement to individual therapy or can be used on its own. The group is led by Shoshana Pearlman, LCSW-C, an experienced psychotherapist. Individual intake session required prior to joining the group.

Cost: \$60 per weekly session. Medicare accepted. May also be reimbursed by other insurance plans through out-of-network benefits. Credit cards accepted.

What you will gain from participation:

- Support from peers in similar circumstances
- Increase interpersonal connections and identify opportunities for increasing social interaction
- New constructive ways of thinking to improve mood and behavior
- Strategies to enhance quality of life and sense of identity
- Methods to increase feelings of purpose and meaning
- Coping skills to navigate age-related health concerns

To sign up or for more information:

Contact Shoshana Pearlman at (240) 676-4206 x705 or Shoshana@snowpsych.com