

# Cultivating Wisdom:

## A Psychotherapy Group For Women Over 60



Meets in-person every other  
Thursday 2:00 - 3:30 PM  
Cost: \$80/session



A group for women over 60 who want to celebrate the wisdom they have cultivated and who desire to look inward further, gain clarity about the next phase of their lives, and explore their identity as an elder woman in bloom.

Using the tools of reflection, intention setting, and compassionate support we will make space for meaningful connection. Conversations will revolve around the things that bring delight as well as the difficult issues of pain and loss.

Participants will be invited to step into the flow and ease of soulful connection, bringing their highest self into play.

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