



# 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, 9-9:55 AM

**Who:** Older adults who are adjusting to life transitions in the phase of life after retirement, including identity issues, changes in social network and family dynamics, age-related health concerns, and caregiving stressors. Group therapy can be an excellent supplement to individual therapy or can be used on its own. The group is led by Dr. Selena Snow, an experienced psychologist. Individual intake session required prior to joining the group.

**Cost:** \$60 per weekly session. May be reimbursed by 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 strategies to enhance 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:**

Call (240) 676-4206 x1 or [info@snowpsych.com](mailto:info@snowpsych.com)