



The Snow Psychology Group

WWW.SNOWPSYCH.COM

Aging and Wellness Group

Where: ONLINE via Telehealth during Coronavirus Safety Restrictions

When safe to return to in-person sessions:

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 following retirement. Themes of the group include meaning/identity issues, aging, health concerns, caregiver stress, isolation, grief & loss, and changes in family dynamics. 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 licensed 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 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:

Contact (240) 676-4206 x1 or info@snowpsych.com