



The Snow Psychology Group

WWW.SNOWPSYCH.COM



Adjusting to 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 approaching retirement or who have already retired and would like a place to discuss their feelings and concerns about adjusting to this life transition. 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:

- Receive support from peers in similar circumstances
- Increase social interaction
- Learn new constructive ways of thinking to improve mood and behavior
- Develop strategies to enhance quality of life and sense of identity
- Explore methods to increase feelings of purpose and meaning

To sign up or for more information:

Contact Shoshana Pearlman at (240)676-4206 ext. 705 or Shoshana@snowpsych.com