

Waterman Village

LIVING YOUR BEST LIFE™

Let's Talk ABOUT IT



A WEEKLY DISCUSSION GROUP

A safe place to share, connect, and support one another.



“Let’s Talk About It”

is designed to be a place where people can come to discuss any pressing thing on their minds.



This group is for anyone who:

- ♥ is coping with general aging
- ♥ has recently lost a loved one and needs a compassionate listener
- ♥ is looking to be a part of a group who want to just talk about what is going on in life



EVERY
MONDAY



**10:00 AM
TO 11:00 AM**



MEDICAL OFFICE
(behind the Chapel)



FACILITATED BY
Dara Treadwell,
MSW



CONFIDENTIALITY MATTERS



To create a safe and trusting environment, all participants are required to sign a confidentiality agreement.

**What is shared in the group
stays in the group.**

You are not alone.



Come share, listen,
learn, and connect with others
in a compassionate and
supportive setting.

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