

# FREE SENIORS CONNECT GROUP

- Reduce feelings of loneliness
- Connect authentically with others
- Join with others having similar struggles
- Share troubles and concerns in a safe place
- Receive support and feedback from others



## TUESDAYS

10:00 am - 11:30 am In-Person  
Group sessions for 10 weeks **STARTING AUGUST 12**  
at Westchester Senior Center, 8740 Lincoln Blvd

## HOW?

No need to register. No fees to pay.  
Just show up and join us!

For more information, contact Kirstin Zullo Aceves at the Senior Center in-person or by calling (310) 649-3317

## FEE:

Sessions are FREE!

## SUPERVISED BY:

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