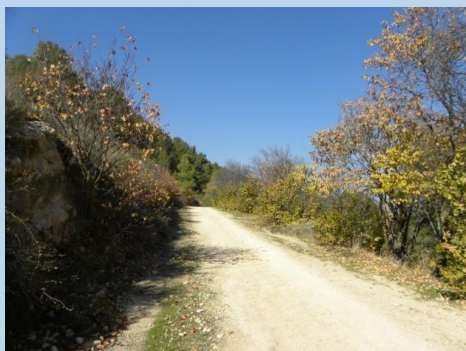


You're invited to join on Zoom:

## **“Women's Journeys, a Tapestry of Connections”**

### **A Personal Growth Group for Women in their Fifties and Sixties**

A partnership program with The Counseling Center for Women [www.ccw.org.il](http://www.ccw.org.il), during 2021-2022



On reaching the second half of life, women often face changes and new decisions. Some have undergone inner or outer upheaval during the Corona period. Some have felt drawn to a quiet, inner focus, during the times of lockdown. Many speak of their yearning to connect deeply with others who are experiencing this life stage.

**Here is an opportunity for reflection, sharing and empowerment through group process and personal expression.**

#### **Typical issues to be dealt with in the group:**

- Sources of meaning and creativity at midlife and beyond
- Facing fears, connecting with strengths in times of stress
- New challenges in the world of work, or as a pensioner in Israel
- Emotional and physical changes in the period after menopause
- Dealing with the aging process, in a society that idealizes youth
- Changes in family relationships; intimacy, loss, new beginnings
- Personal issues to be brought by group members

**Time: Mondays from 18.30 to 21.00, for 10 sessions once in two weeks.**

**Hilary Milgrom MSW, therapist and group facilitator**  
For further details: WhatsApp: 0507 734862 or Email: [hilarymi@gmail.com](mailto:hilarymi@gmail.com)

**[Link to a 6-minute radio interview about the groups: !\[\]\(d3102649f02e825ddb76dc3de0190154\_img.jpg\)](#)**

**This Zoom group will be in Hebrew.**

**Please write, if you are interested in a future group in English or for those in an older age-range.**