

Resilient Living

Anxiety Management for Older Adults

*10-Week virtual skills and support-based
group for seniors (65+)*

Purpose

Later life can bring unique challenges, such as navigating transitions, adjusting to physical changes, and finding new sources of meaning. This 10-week group led by a Licensed Clinical Psychologist is designed specifically for older adults to help manage anxiety, foster connection, and build resilience during this chapter of life.

Where

Online via Zoom – Join from the comfort of your home!

When

This group will begin once 6 spots are filled. Sessions are tentatively planned for Thursday evenings, and the exact start date will be announced once the group is full.

Cost

- \$50 per session (\$500 for the 10-week program).
- Mandatory 1-hour intake session: \$150. To support accessibility for this group, the intake session is offered at a reduced rate of \$150 for 60 minutes (regular rates: \$290 for 60 minutes and \$365 for 75 minutes).

Who is it for

This group is ideal for older adults experiencing anxiety about aging, health, or life transitions, feeling isolated or disconnected, or seeking tools to handle uncertainty and build stronger relationships.

What you will learn

You'll gain practical tools such as mindfulness, breathing and body-focused techniques, to manage anxious thoughts and feelings, strengthen social connections, and explore ways to create meaningful routines and navigate aging with resilience.

Limited Space

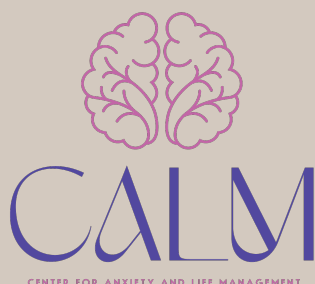
Only 6 spots available to ensure a small, supportive group environment.

Interested?

Please fill out [this survey](#).

More Info

For more information about the group, [click here](#)



<https://calmtherapy.center>



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