Older Adult Group Offerings

You are not alone - combating anxiety
Life can be scary, even when you know you're safe. Learn solid skills and tricks to turn to when anxiety is taking over your thoughts. What to do to stop a spiral, how do you combat a trigger, emergency skills for when it is REALLY bad.

You are not alone – combating depression
Life can be hard. Living alone can sometimes be isolating and lonely. Learn how to get out of the negative thoughts that make things worse. How do you change your routine to stop the negative thoughts before they become a depressive episode, and when you're in a depressive episode, how do you find your way out?

Grief Support Group (6 sessions)
Connect with others to witness and process grief in a space that is specifically designed to promote healing.

Minding our Store
Mindfulness exercises that are easy to learn and adapt to our daily lives to promote calm, heighten happiness, and live a more positive life.

The Gentleman's Club
A gathering place for men to share, learn and support each other. Themes could include sexuality and intimacy in our lives today, how it has changed as we've aged, with health condition and meds. Is intimacy enough? How do we communicate this to others?

Women's tea
An opportunity to have a warm beverage while sharing, learning about ourselves, learning about each other, with an overall goal of support. Themes could include sexuality and intimacy – do we want both? Is intimacy enough? STD's are on the rise in our age group – staying safe while enjoying our bodies.

Dialect Behavior Therapy (DBT)
Learn the skills to help us get through the next 4 years – Join with others in learning and implementing DBT skill building to help us cope and thrive in a difficult political climate - Emotional Regulation, Distress Tolerance, Mindfulness, and Interpersonal Effectiveness.

For more information or to schedule a group contact Michael Byrne at mbyrne@jfcsphilly.org

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