

# 'TRANSITIONS' GROUP

TO HELP YOU NAVIGATE LIFE'S CHANGES.

This support group meets the 1st & 3rd Tuesdays of each month, 1:30-3:00PM in the lounge.

*Janeen Pratt, GCM, Facilitator*

Feeling overwhelmed? At a crossroads in your life? Not sure about next steps to take? Caring for or concerned for someone? Need resources to assist you? Come to our interactive support group and share your story.

Join anytime, no fee,  
everyone is welcome.

Be inspired, encouraged, and appreciated.



*"Put your oxygen mask on first and then offer assistance to those traveling with you."  
(Flight Attendant's Handbook)*

*"The only thing in life that is constant is change." (Heraclitus)*

*"It is in the shelter of each other that people live" (Irish Proverb)*



**For more information contact the LGS Recreation's 55 Plus Program at 408-354-1514. This group meets in the lounge at the Los Gatos Adult Recreation Center, 208 E. Main Street, Los Gatos.**

**No fee, everyone is welcome!**