

LifeLines Group

Wednesdays 1:00PM-1:50PM on Zoom

Group Leader:



Aileen Peters, PsyD

Dr. Aileen Peters received her doctorate from William James College with a concentration in geropsychology.

This psychologist-led group provides adults 55+ an opportunity to meet with peers, forge relationships, share experiences, and navigate this unique time of life within the framework of a supportive, nurturing, familiar group experience. This group is best suited for adults who:

- ▶ **Aged 55+**
- ▶ **Want to connect with others**
- ▶ **Live in Massachusetts or Vermont**



LifeLines is an online support group for people 55+ who are interested in engaging with an interactive and supportive community. The group meets Wednesdays from 1:00 pm to 1:50 pm by Zoom. Enrollment is ongoing and new members can join at any time.

What can you expect?

The group will use the following flexible structure:

- ✓ **Brief opening**
- ✓ **Member check-in**
- ✓ **Weekly discussion topic and skill share**
- ✓ **Closing**

LifeLines' goals are threefold: to provide a supportive and inclusive social environment to enhance interpersonal connection, to provide opportunities to learn skills to help navigate life's challenges, and to provide a platform to share history and to plan for the future.

