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Moving Beyond Transitions: A Support Group for Women

“You can never cross the ocean unless you have the courage to lose sight of the shore.” ~ Christopher Columbus

Transformation comes from learning to embrace change and thrive. The group is a safe, confidential forum to openly talk about issues that may be impacting your stress level and quality of life. It is easy to feel “stuck” in response to transitions such as divorce, illness, retirement, caretaking aging parents, empty nesting etc. However, transitions also enable us to learn new problem-solving skills, build strength and foster new self-confidence. As a group, sharing common struggles helps individuals feel less isolated and alone. With the support of other women, you can boost your aspirations and achieve things you thought were beyond your reach.

For more information, visit my website: sharonbecker.com

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