

LIFE Support

Staying Connected and Sharing Our Strengths

We all know that human connection is crucial and we are stronger together. LIFE Senior Services is starting a new peer-to-peer support group with the goals of increasing social interaction and connection with others in a safe, confidential, supportive, and nonjudgmental setting. This group will share useful information, practical tips, and community resources, while learning and practicing coping skills that will assist with problem solving. We hope this group will create a space that fosters hope, reduces stress, increases self-understanding, and pushes back against aging stereotypes; a place where older adults can recognize they are not alone, and where issues in aging can be shared, understood, and addressed in a caring atmosphere.



Group Goals:

- To address issues in aging in a supportive and caring atmosphere
- Increase social interaction and connection
- Share useful information, tips, as well as community and online resources
- Learning and practicing coping skills
- Gaining hope and reducing stress
- Increase self-understanding and providing opportunities to help others
- Reducing stigma and stereotypes surrounding aging

LIFE's Senior Center at Southminster
3500 S Peoria Ave. Tulsa, OK 74105 | (35th Place west of Peoria)
2nd Wednesday of each month | Starting date June 8, 2022
1:00 p.m. – 2 p.m.

**For more information call (918) 664-9000 or
visit www.LIFEseniorservices.org**

