



# SENIOR PERSPECTIVES

## BENEFITS OF GROUP THERAPY

- **PROVIDES SUPPORT**

Many people experience a sense of relief when attending group therapy. Hearing from others with similar issues helps one to see they're not alone.

- **PROMOTES SOCIAL SKILLS**

Participating in groups helps ease the sense of isolation and allows the opportunity to practice re-engaging with other individuals.

- **HELPS YOU MOVE FORWARD**

Many people struggle with moving forward in their life after suffering a loss or experiencing traumatic issues. Group therapy can provide assistance to move forward with the encouragement and support from the other participants.

- **PROVIDES YOU WITH A SAFE SPACE**

Expressing your beliefs and opinions is hard. Groups ensure that all participants can talk about their individual experiences, opinions and beliefs without having concerns of confidentiality, disrespect or ridicule.

- **HELPS YOU GAIN A NEW PERSPECTIVE**

Relating to other individuals from different perspectives could lead to a new outlook.

## Are you 65 years or older and experiencing:

- Negative thoughts
- Difficulty sleeping
- Feelings of sadness
- Fatigue
- Loss of interest in favorite activities
- Lack of concentration
- Excessive worry
- Feeling on edge

With a combination of group, individual and family outpatient therapy, Senior Perspectives offers help for adults who qualify for Medicare Part B or who have a Medicare Advantage Plan.

## Call for a free, confidential assessment.

The Medical Center at Caverna: 270-786-3031

The Medical Center at Franklin: 270-598-4920

The Medical Center at Scottsville: 270-622-2890



**Med Center Health.**

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