



AllHealth
NETWORK

OLDER ADULT GROUP

2nd and 4th Tuesday of every month | 10 am - 11am | Via Telehealth

Older adult women's support group, providing connection and coping skills to manage symptoms of anxiety and depression. Support other women in a safe, warm environment through discussing common aging themes while learning coping skills for self-care.

We use an inclusive definition of "woman" and "female" and we welcome trans women, genderqueer women, and non-binary people who identify as female.

Group Leader: Marissa Tabak, LCSW

AllHealth Network does not discriminate on the basis of race, color, national origin, religion, age, sex, gender, gender identity, sexual orientation, or disability.