

Therapeutic Group Services for Elders

You Needn't Feel Alone;
We Can Help!



When: TBD
Where: 21241 Ventura Blvd.
Suite 262
Woodland Hills, CA 91364
Time: TBD
Cost: \$TBD
Contact: Ella@SchoolofSoul.org OR
Tanya@SchoolofSoul.org
Other: CEUs for Professionals?

As an older adult, you likely have a great deal of strength that's called upon in times of need for you and your family, however, some problems and losses may require outside help.

If you're experiencing difficulty coping with painful events in your past, discontent in the present or are fearful of the future, we'd like to invite you to experience the many benefits of counseling, including:

- Eliminating or reducing depression
- Adjusting to illness and managing pain
- Reducing stress
- Improving relationships with your loved ones
- Coping with grief; and
- Increasing self worth



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Our group counseling provides you with the opportunity to receive emotional support and problem solve through sharing mutual experiences.

We provide care that takes into consideration the variety of health problems of our clients.

***Experience the Benefits of Group Therapy, Workshops & Lectures Today!
Individual Hypnotherapy Sessions Also Available***

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