

For more information, please contact Elisabeth Escobar at:
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The Women's Support Network

The WSN is a group designed to provide support and information to women in their 50s and 60s on a variety of topics particular to them.

Facilitators Jane Rumbsy and Elisabeth Escobar are seasoned group leaders. They will guide the discussions, and create a safe environment so participants can share their wisdom and individual experiences in a comfortable setting.

We have space for 8 women. All sessions are confidential.

January 3 - Getting to Know You

January 10 - Aging & Physical Health

January 17 - Career & Retirement Concerns

January 24 - Relationships

January 31 - Relationships

February 7 - Mental Health Issues for Ourselves or our Loved Ones (Anxiety, Depression, Phobias)

February 14 - Being a Caretaker and Taking Care of Ourselves

Sessions will be held via ZOOM on 7 consecutive Mondays, 10:00 am EST in the US and 4:00 pm European Standard Time, lasting for one hour.

Total cost - 70 euro, payable via PayPal