

Why should I join this group?

Getting older can bring big changes - loss, loneliness, health problems or just feeling left out. This group gives you a safe and friendly place to talk, listen, and meet others who understand what you're going through. Together, we share ideas, give support, and find new ways to connect with each other and the community.



How do I sign up?

You can contact Community Counselling and Resource Centre at **(705) 743-2272 ext. 308** to apply. Referrals from community agencies and self-referrals are accepted.

Find Us Here!

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The Next Chapter



A place where older adults can share, connect, and discover new ways to enjoy life after change and loss.



What is it?

This is a monthly group for older adults who want to talk about life changes like loss, healthy problems, and feeling lonely or worried. It's a safe place to share stories, listen to others and make new friends. Each month we'll explore a new topic, and the goal is to help people feel like they're not alone, and reconnect with each other and the community.



On-going Group held every 3rd Monday of each month at 10:30 - 12 pm, In-person.



This group is open to older adults (60+) to share, connect, and discover new ways to enjoy life after change and loss. Refreshments are provided for guests.



Topics Covered

- Getting older
- Loss
- Being worried or scared about the future
- Guilt
- Connection
- Family

