

Coping with the Challenges of Aging

AN EIGHT-WEEK GROUP

THIS GROUP IS DESIGNED TO HELP MEMBERS CHANGE PATTERNS OF THINKING IN ORDER TO FEEL BETTER.

This Cognitive Behavioral Therapy (CBT) group will offer tools to effectively deal with the challenges of aging. CBT cannot remove your problems, but it can help you deal with them in a more positive way. Group members will have the opportunity to learn that there are others who are dealing with similar issues and who share similar thoughts, feelings and concerns.

Group members will learn to:

- Manage stress and anxiety related to aging and other life issues
- Establish a new set of positive coping skills
- Practice basic problem-solving strategies
- Identify and challenge negative thinking patterns
- Understand core CBT concepts of Triggers, Core Beliefs, Rational & Irrational Thoughts

Participation requires advance screening and evaluation to be billable to Medicare and other insurance.

Dates Wednesdays, June 15 to August 3, 2016

Time 11 a.m.–12:30 p.m.

Location CJE SeniorLife
Conference Room 223
3003 West Touhy Avenue, Chicago

Registration Lisa Brinkerhoff, L.C.S.W.

Required 773-508-1690 or Lisa.Brinkerhoff@cje.net

cje SeniorLife
Jewish values for positive aging



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