

# Coping with the Challenges of Aging

## A SEVEN-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.**

**When** Friday, May 25 to July 6, 2018 • 10–11:30 a.m.

**Location** Weinberg Community for Senior Living  
1551 Lake Cook Road, Deerfield

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

**Required** 773.508.1690

CJE Counseling Services offers a full range of older adult behavioral health services. This includes individual supportive counseling, psychotherapy and support groups, as well as family and caregiver support available in CJE offices or as home visits.

