

LOSS, LONELINESS, LOVE, & LAUGHTER

THErapy GROUP



Northern Virginia Older Adult Counseling

Schedule:

- Start date: Mon, Nov 7th, 2022
- End date: Mon, Dec 19th, 2022
- 6pm

Cost:

- Insurances will be billed
- Private pay, \$60/session

Requirements:

- Live alone
- Have experienced losses (family, friends, pets, etc.; physical mobility and agility; social networks of support; faith, hope, etc.)
- Experiences social isolation and disconnection
- Want to find healthy social relationships and connections, however find it difficult, especially in the midst of COVID
- Committed to the group experience and process

The paradox is named; how you do it is what remains, thus is the purpose of this group: to explore and experience together how you move with and through Loss and Loneliness to engage and embrace Love and Laughter. This is a group purposely for those of us who live alone, who have experienced losses, and who still have a desire and recognized need for Love and Laughter, especially in relationship with others.

Leader: Dr. Janaé Moore, D.Min., LCSW

Registration: email to

admin@novaoac.com

Location: Virtual. Zoom details will be emailed 1-2 days prior to the event

Expectations:

- Attend scheduled sessions on time
- Be available on Zoom video, i.e. show yourself
- Claim your right to talk as well as to listen and respect the right of others to do the same
- Have high expectations of what we, as a group, can create and achieve together
- Come committed to helping to create and achieve the highest good for the group, and thus also for your Self
- Engage and trust the process

November 7, 2022 6pm

Runs seven sessions, ending on Monday, December 19th, 2022



NORTHERN VIRGINIA OLDER ADULT COUNSELING

10615 Judicial Dr, Suite 301, Fairfax, VA 22030

703-667-0752 | admin@novaoac.com | www.novaoac.com