

**FAMILY SERVICE TORONTO
SENIORS AND CAREGIVERS SUPPORT SERVICES**

SENIOR MEN'S DISCUSSION GROUP

**A group for senior men (55+).
Steps to Successful Aging
Strategies to Cope with Change and Loss
Sharing Experiences**

DATE & TIME: **Tuesdays, 3 - 5 p.m.**
Sept. 24, Oct. 22, Nov. 26, Dec. 17, 2019
Jan. 28, Feb. 25, Mar. 24, 2020.

LOCATION: **355 Church Street.**
No parking onsite

FACILITATOR: **Lynne Gallagher**

REGISTRATION: **Pre-registration required**
Please call Family Service Toronto's Access Unit at
416.595.9618

No fee - Donations welcome.

Family Service Toronto welcomes diversity and is committed to a policy of equity and inclusion. www.familyserVICEToronto.org

