



SCAN TO BOOK A SESSION

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Where conversations unfold with clarity and ease during...

# Geriatric Counseling

Designed for senior citizens to help them transition smoothly to the later chapters of life

Certified Experts

Ethical Practice

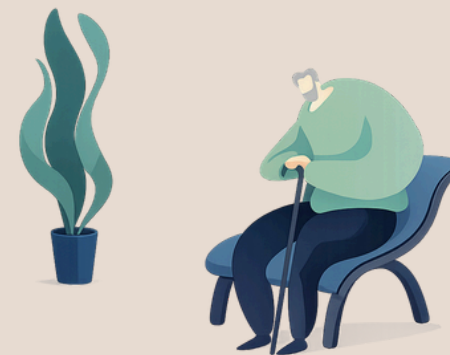
Fully Confidential

Evidence-Based

Starts@49\*

*When familiar routines and meaningful interactions become fewer, many seniors quietly experience...*

## Social Isolation



- ✓ Explore ways to reconnect with meaningful relationships and supportive social circles.
- ✓ Develop practical steps to rebuild a sense of belonging and companionship.

Thoughtful communication can help restore a sense of liveliness

After retirement, health and shifting family roles begin to reshape daily life; it can lead to...

# Turbulent Transitions



- ✓ Navigate major life changes with clarity and emotional steadiness.
- ✓ Adjust to new routines while preserving independence and dignity.

Change can feel manageable again with thoughtful sessions

When family is present but emotional understanding feels distant, seniors may experience...

# Emotional Loneliness



- ✓ Express feelings that may have remained unspoken for years.
- ✓ Build emotional support systems that feel respectful and safe.

Introspection will help you feel understood again



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When long-held roles shift and the question of "what now" quietly appears; it may bring a search for...

# Purpose & Meaning



- ✓ Reflect on life experiences to rediscover meaning and direction.
- ✓ Explore fulfilling ways to stay mentally and emotionally engaged.

It's time to start the new chapter now

\*Terms & Conditions Apply