

# SHARE & CARE FOR SENIORS

In-Person Group Sessions  
Led by Psychotherapist  
Mahroo Moshari, LCSW

*Want to get back in the swing  
of things after the pandemic?*

*Are you struggling to adapt  
to the changes of aging?*

*Grieving the loss of a spouse or loved one?*

**This workshop is for you! Join us to discuss and learn coping skills, explore how to improve your mental well-being during difficult times.**

Space limited to 10 people per session.  
Call **646-420-6633** to save your spot!  
Fee is \$20, donations are welcome.

**Refreshments will be served! Meet us at:**



Zen Buddhist Temple  
206 E 63rd St., 10065  
Between 2nd & 3rd Avenue

**Session Dates:**

**Monday Evenings  
From 6:00-7:30pm**

**May 6th**

**May 13th**

**May 20th**

**May 27th**