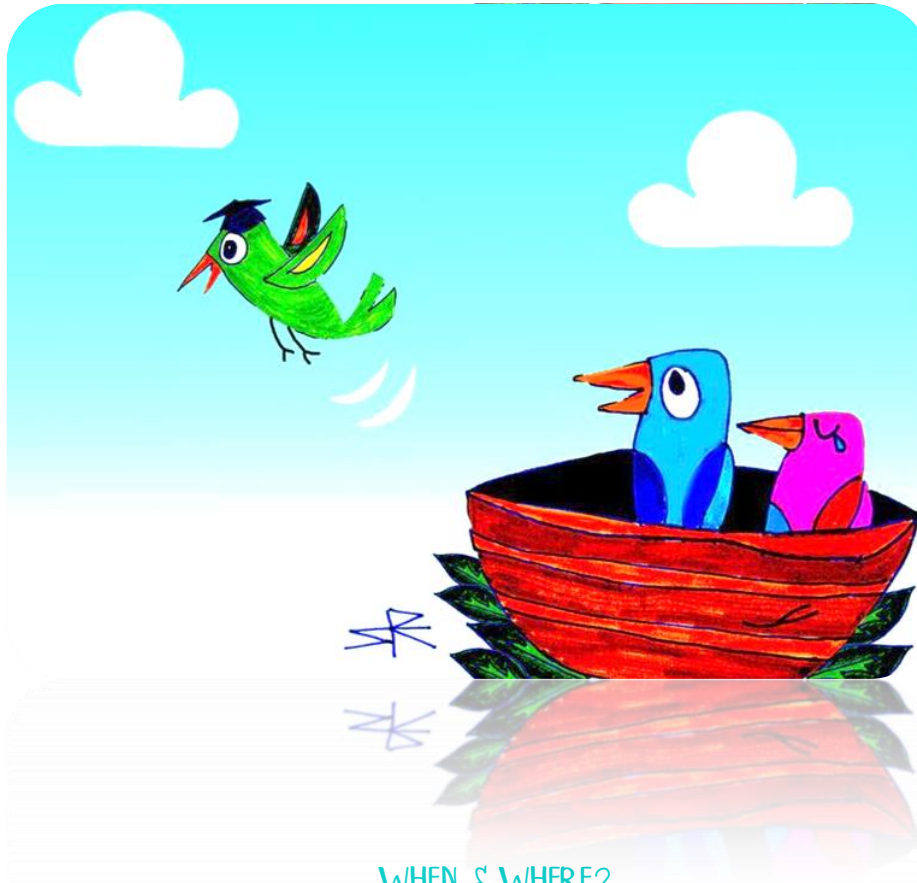


Women's Wellness Group on Finding Joy in An Empty Nest

Facilitated by Susan M. Rodriguez, MS, LMHC



WHEN & WHERE?

To Be Announced

Prospective group reference books:

- *From Mom to Me Again: How I Survived My First Empty-Nest Year and Reinvented the Rest of My Life*, Melissa Shultz
- *Release My Grip: Hope for a Parent's Heart as Kids Leave the Nest and Learn to Fly*, Kami Gilmour
- *My Nest Isn't Empty, It Just Has More Closet Space: The Amazing Adventures of an Ordinary Woman*, Lisa Scottoline with Francesca Scottoline Serritella
- *Barbara and Susan's Guide to the Empty Nest: Discovering New Purpose, Passion, and Your Next Great Adventure*, Barbara Rainey and Susan Yates
- *Walking on Eggshells: Navigating the Delicate Relationship Between Adult Children and Parents*, Jane Isay

For more information, please email your name & phone number to: peaceParenting@gmail.com