



## Lost in Retirement???

### Join the Retirement Skills Group

Most people assume that it's as simple as whipping out the golf clubs.....

Did you know that about 1/3 of all retirees struggle with their transition to retirement??

Join us and learn some essential skills and techniques that can make your retirement easier and more enjoyable:

- Manage Stress Better
- Improve focus and attention
- Increase Interpersonal Skills
- Cope with intense emotions more skillfully
- Decrease negative behaviors and habits

Where: Ft Totten Counseling Unit, Building 413 B Bayside

When: Wednesdays 10:00-12:00 first meeting TBD

For more information and to register contact Jessica Metz, Peter Vratimos at (212) 570-1693 x 380

