

OLDER ADULT THERAPY GROUPS

Southwestern Behavioral Healthcare is proud to provide, Oldies But Goodies, a support groups for older adults. The focus of this group is to help individuals, seasoned in life, address ongoing and unexpected stressors so they can have a life worth living. This group has an informal format, meaning the group members decide what is discussed based on their current needs at the time.

- ✓ Moulton Center - 1 N. Barker Avenue, Evansville on Thursdays at 1:15 p.m.
Call 812-423-4418 for further details.
- ✓ Gibson Regional Services - 320 S. Fifth Ave., Princeton on Thursdays at 10:00 a.m.
Call 812-385-5275 for further details.
- ✓ Group session topics may include:
 - Physical health issues (new, old, and chronic)
 - Loss of independence and increase in isolation
 - Increasing social interaction
 - Losing loved ones and the ways it can impact daily life
 - Anxiety or stress related to dementia and memory-related diagnoses
 - Healthy nutrition and physical activity
 - Engaging in activities to promote brain and mental health
 - Having conversations with loved ones about end of life wishes
 - Advocating needs with physical health providers
 - Addressing financial concerns and stressors
 - Making the best use of down time after retirement
 - Managing stress related to current events
 - Setting and reinforcing healthy boundaries with others



Southwestern
Behavioral Healthcare, Inc.
Improving Lives Together



812-423-7791 Appointments
812-422-1100 Crisis Line

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