

OLDER ADULT SUPPORT 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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