

## Healthy Aging Group:

# Adjustment and Wellness in Older Adulthood

This ongoing psychotherapy group will provide support in addressing the emotional, social, and psychological changes and issues associated with aging.

Aging can come with its own unique set of stressors including emotional difficulties, adjustment to retirement, physical health limitations, loss of loved ones, and other unique stage of life issues. This group will address aging and wellbeing by improving mood and adjustment to these stressors associated with aging.



### Participants will:

- Develop skills and strategies to reduce stress, depressed mood, anxiety, and difficulty adjusting to life changes
- Gain support in navigating older adulthood
- Make connections with other older adults experiencing similar struggles

**Where: Child & Family Psychological Services, 169 Libbey Parkway, Weymouth, MA**

Contact Dr. Tessa Lundquist at 781-551-0999 x 421. This group may be covered by your health insurance. Please speak with Dr. Lundquist for details.



Tessa S. Lundquist, Ph.D., received her doctoral degree in Clinical Psychology from the University of Massachusetts Amherst. Dr. Lundquist completed her pre-doctoral internship in Clinical Psychology at the Albany Psychology Internship Consortium.. She completed a Postdoctoral Fellowship in Integrated Primary Care and Geropsychology at the VA Maine Healthcare System. Dr. Lundquist's research has focused on memory screening and early detection of memory disorders, including the impact of older adults' knowledge and anxiety about Alzheimer's disease on willingness to screen.