



NUTLEY FAMILY  
SERVICE BUREAU

## Women Helping Women

Share your strengths and challenges while receiving support in a safe and compassionate environment. Please join our group exclusively for women to gain support and share feelings common to women in the middle years of life.



**WHO:** Women

**WHERE:** Nutley Family Service Bureau

155 Chestnut Street, Nutley, New Jersey 07110

**WHEN:** The First and Third Monday from 6:00 to 7:00 pm

**HOW:** Please call NFSB at (973)-667-1884 to register. This group is FREE.

*This group will be facilitated by Staela Keegan, LCSW, LCADC*