

**COACHING GROUP FOR LESBIANS 60+  
GROWING OLDER AND BOLDER**  
Starts beginning of October 2014



**Build resilience, set goals, get support & take action**

- ≡ Searching for clarity about your next steps in life?
- ≡ Feeling the urgency of time and hungry to make your years count?
- ≡ Ready to ignite back burner desires?
- ≡ Need to make healthy habits that stick?
- ≡ Desire a positive and powerful view of aging?

**What:** Facilitated 8-session group for lesbians 60+ to meet 2x a month

**When:** Begins early October, date/time to be determined by participant availability

**Where:** Laurel District of Oakland near 35<sup>th</sup> Avenue exit, off Hwy 580

**Cost:** Sliding scale \$350 - \$480

*"In Rochelle's group I got unstuck and found my confidence to start making art again."  
--Sonny Rosenwasser, Artist*

*"I had big decisions to make and Rochelle's group gave me the support and structure to get there. She is a powerful and wise coach and facilitator." -Hazel Blue, ESL Teacher*

*"Rochelle's coaching group was fun and deep and I came away with new perspectives that left me less nervous to grow old." -Francie Kendall, Consultant on Diversity and White Privilege*

Rochelle Towers, MSW and Certified Life Coach, has led groups for over 25 years. Experience the wisdom, heart and intelligence of a group in a safe and encouraging environment. Guided exercises, individual coaching and group discussion will be designed around the specific needs and goals of the participants. This is not a psychotherapy group.

**Interested and wondering if this is for you? Contact Rochelle Towers, MSW, CPCC  
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