

MEN IN TRANSITION

You know you're in transition when...

- You feel like you've been cast aside and are of little value
- You're antsy, irritable and a little defensive
- Work is not fun and fun is work
- Your drive and motivation have dropped away and you don't have a replacement strategy
- You have worked the better part of your life for others and are wondering what is next for you
- All of those carefully laid plans are not going to work out and you are a bit cynical.
- Retirement was not your first choice or not at all what you had hoped for



Let's Talk

Lets get together and talk
You are not alone. This is an opportunity to meet once a month with others facing the same challenges. We will tell our stories, invent new purpose, discover new direction and distinguish new meaning.

Cost per session is by donation.



We'll be meeting every 3rd Thursday of the month from 7 - 9 PM at Real Caring Integrative Therapy, 535 East 4500 South #D280. Question? Call me at 801-853-8744 ext. 109. Or better yet, email me david@realcaring.org. RSVP as soon as possible, space is limited.

I am a 58 year old man who knows what it is to have the bottom drop out in the later part of life. After closing the business I dedicated 33 years of my life to, I found myself at the most critical crossroad I had ever faced. Starting over from scratch at 58. Fortunately, I have been able to discover new direction and purpose for my life. I am more fulfilled and enthusiastic about life than I have been for many years. I believe my experience, and the work we do together, can serve to open new possibility to all who attend. Come and join us in this journey.

David Elder, LCSW

