

THE PAUSE:

Support for Women
in Midlife

Juggling it all while having hot flashes? *Midlife is a lot!*

The Pause therapy and support group for middle-aged women is a confidential place to process your experience with **perimenopause** as well as:

- The mental load of career responsibilities
- Changing relationships
- Managing a household
- Parenting children
- Caregiving for aging parents
- Being involved in your community

...and the list goes on!

You'll get **peer support** and learn to better regulate emotions, set boundaries, increase self care routines, and strike balance in your life. The Pause is facilitated by a licensed therapist who *gets it*.



Learn more at
www.sentiertherapy.com

