



# LIFE'S STRESSES?

## *Let's Talk...*

**Hosted by Harlane Loeff**

Licensed Marriage and Family Therapist

- Problems with adult children or grandchildren?
- Problems with with depression/anxiety?
- Recently widowed?
- Wondering what to do now that you're retired?
- Thinking of relocating?
- Someone in your family has an addiction problem?
- When to stop driving?

If any of these issues have come your way and you need a safe, supportive group to discuss them in...Let's Talk.

**Wednesdays, 10:00am - Free of Charge**  
**Veterans Park Senior Center**  
**301 Esplanade, Redondo Beach, CA 90277**



*Sponsored by*

**CITY OF REDONDO BEACH SENIOR AND FAMILY SERVICES**  
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