



The Transition Network

*Embracing Change
after 50*



Dear Santa Fe TTN Members & Friends,

Transition Peer Groups

Still space for the Fall!

Find out more at the October 26 monthly meeting – 5:45-7:30 PM

Montezuma Lodge #1

431 Paseo de Peralta, Santa Fe, NM

What is a Transition Peer Group?

A Transition Peer Group consists of a small group of women (usually 8-12) who join together in each other's homes once or twice a month, discussing topics of mutual interest and relevance to their current lives.

Peer groups provide opportunities for connection, new friendships and mutual support in a safe, respectful environment as women navigate their individual life transitions.

Although participants can provide some support to a member confronting a crisis, transition peer groups are not "therapy groups" and cannot substitute for professional help.

What do I need to know?

This informational meeting is required in order to participate in a Transition Peer Group. At this two-hour meeting, TTN members will be introduced to the Transition Peer Group guidelines and will form new Transition Peer Groups that evening. ***Please bring your calendars in order to schedule your group's initial meeting.***

Who can participate?

Any current TTN members - this is a TTN Member Benefit. ***Non-members may attend but must become members to participate in a TTN Transition Peer Group.***

If you are not yet a member, follow the instructions for joining by going to www.thetransitionnetwork.org/join.

If your membership has already lapsed, you'll be automatically prompted to renew.

If you have any questions or need a reminder of your username or password, contact Robin Fine, National office at robin.fine@thetransitionnetwork.org or call her at 347-735-6035. Scholarship support is available, if necessary.

What do I need to do?

Please email jean@jeanpalmer.com to let us know of your interest.

The Transition Peer Group Advisory Committee,

Ellie Briggs
Lisa Foster
Rachel Greenstein
Elaine Meizlish
Linda Mickle
Jean Palmer

TTN TRANSITION PEER GROUPS

Transition peer groups differ from our social interest groups in an important way. Transition peer groups are organized by chapter leadership when there are enough women interested in coming together and ***making a commitment to a group.***

Transition peer groups ***meet regularly and are more structured*** than a special interest group.

During these meetings, members discuss a pre-selected topic, sharing their personal perspectives and listening as others articulate their own views. ***Topics*** range from dealing with career transitions, to changing family relationships to the benefits of aging.

Confidentiality is a critical element in the success of a transition peer group. Members are encouraged to ***speak freely and listen with an open mind.*** Although participants can provide support to a member confronting a crisis,

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