

# Transitions: Navigating Life's Events Together

*Life is filled with transitions—whether it's starting a new job, navigating relationship changes, changing family roles, or adjusting to unexpected challenges. These transitions can often bring a mix of excitement, uncertainty, and stress.*



This program is designed to create a safe space to share our life experiences and coping strategies while providing tools, resources, and support to help navigate these transitions.

This program is open to all adults 60+ and those who are caregivers (providing support to adults who are 60+).

## Meeting Times & Locations

*1st Wednesday, 9:30 – 10:30 am  
OR 6:30 – 7:30 pm*

**North Shore Area Partners  
36 Shopping Center, Silver Bay**

*3rd Wednesday  
12:30 – 1:30 pm*

**Clair Nelson Center  
6866 Cramer Rd, Finland**

Please contact Ericka Blanchard, LSW, to enroll in the program.  
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**Call 218-353-1464 or email  
[ericka@nsapartners.org](mailto:ericka@nsapartners.org) for more information.  
[www.nsapartners.org](http://www.nsapartners.org)**

North Shore Area Partners caregiver programs are funded by Arrowhead Area Agency on Aging. However, individual contributions are critical to our work. Learn more about how you can support us by visiting [www.nsapartners.org/donate](http://www.nsapartners.org/donate).

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