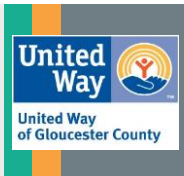


ROBINS' NEST - Older Adult Services

...is proud to present this success story about... "Mary"



Mary (name changed to protect personal information) is an 84-year-old female who reached out to us for assistance with grief, depression and anxiety. Mary noted challenges with maintaining appropriate boundaries with her family, being assertive and making positive decisions for herself. Mary began receiving services in her home through the Older Adults Program. She engaged in 7 sessions in her home before feeling confident enough to participate in the therapeutic group for older adults that is held at the Robins' Nest Counseling Center. Mary has since reported, "I feel like I found my voice. I have really set boundaries with not only family members but also with community members. It was nice not feeling judged...my therapist taught me how to stand up for myself, but in a way that I was comfortable with." Following Mary's start in group, she engaged in an additional 3 in-home sessions to accomplish her goals. Mary found that by attending group, it allowed her to increase her social activity and engage with peers that are struggling with similar challenges. "I really enjoy being with the other ladies; they really allow me to see things differently and not feel so alone."

