



BUILDING CONNECTIONS **A GROUP SERIES FOR ADULTS 60+**

When: Wednesday, April 16th & April 30
12:30 - 1:30pm

Where: Adult Lounge (2nd floor) at the JCC
14855 Oka Rd, Los Gatos, CA 95032

Cost: Free! Snacks and drinks provided.

Building Connections is a twice-monthly group where adults 60+ come together to:

- Build meaningful relationships
- Share your experiences in a safe, welcoming space
- Learn new coping skills for everyday challenges
- Feel heard, empowered, and uplifted

Presentations and discussions will be facilitated in English.

