

# Living Alone: How to Survive and Thrive on Your Own

**Living Alone: How to Survive and Thrive on Your Own** is a 3-part workshop developed for women in midlife after a divorce or the death of a spouse. It is for those who want to reclaim their lives, find joy again, and become more resourceful and independent on their own. You'll meet others in similar situations and learn practical strategies that will help you think differently about living alone overcome loneliness, rediscover your true self, and socialize in a couples' world.



Gwenn Voelckers  
Workshop Founder & Facilitator

**DATES:** Wednesday evenings: November 5, 12, and 19  
**TIME:** 6:30 – 8:30 pm  
**PLACE:** House Content Bed & Breakfast in Mendon, NY  
**COST:** \$125 for the 3-part workshop. Includes **Living Alone** binder, empowerment exercises, and other helpful resources.

*A portion of each workshop's proceeds benefits the Women's Foundation of Genesee Valley*

## ABOUT GWENN

Gwenn has "been there." After her divorce, she spent several years struggling to regain lost confidence and her zest for life. Thanks to some good advice from her mother - "You've got to start living again and stop waiting for Prince Charming!" - Gwenn set out to create a wonderful life on her own. By all accounts, she has accomplished what she set out to do, and is now sharing her success strategies and practical tips with others. Not a licensed professional, Gwenn's expertise is born out of real-life experience. She openly shares her story (mistakes and all) so that others might also feel whole and complete on their own.

## TESTIMONIALS

*"I feel empowered and more confident in my journey. My goal is contentment, and I feel it is within my grasp. You came along at the right time for me."* - L.K., Brockport.

*"You teach by setting a wonderful example."* - N.D., Fairport.

*"What an eye opener – to know it's OK to be alone!"* - R.C., Webster.

## WHO ATTENDS

Most, but not all, of the women who attend the workshop are between the ages of 40 and 65, and have come out of long marriages or relationships. Some are on their own for the first time in their lives. All have one thing in common: They want to get a better handle on living alone and to feel more content with themselves and their independence. Many see this workshop as an extension of the support they are receiving from family, friends, a therapist, and/or their congregation.

**TO REGISTER:** Call (585) 624-7887

**WHOLE. COMPLETE. At home with yourself.**