

# Meaning-Making for Childfree and Childless Women in Mid-Life and Beyond

If you are a *woman without children by choice or circumstance*, and you are **in mid-life or beyond . . .**



- ❖ Do you crave a community where you can be understood around your life choices and circumstances?
- ❖ Are you desiring to reconnect with a deeper meaning and purpose as you approach mid-life and beyond?
- ❖ Do you experience increased pressure and self-criticism to have it all by now, have it all together, or to feel “settled”?
- ❖ Are you feeling curious about the legacy you wish to create as a childfree woman?

This online interpersonal process group is open to all individuals who identify as cisgender women and is welcoming to all sexual orientations. The group provides a space to explore your unique story in a community of childfree women, inviting you to deepen connections to yourself and others through enriching relationship skills and gaining more access to emotional experiences. The goal is to carve out a meaningful place in mid-life and beyond that fits the unique curves and lines of your identity so you can lead a happy and satisfied life.



## Facilitator

Jackie Toth, LMFT #112958, is a psychotherapist and a Gen-X childfree cisgender woman. She is a member of the American Group Psychotherapy Association as well as the Group Psychotherapy Association of Los Angeles. Jackie works with individuals experiencing grief and

loss and those looking to reconnect to or reclaim their core selves. Her clientele comes from a wide range of life stages, and she approaches her clinical work through a reproductive and social justice lens. Jackie is passionate about exploring the impact of marginalization and oppression on people’s lives and the larger community and aims to help all clients reconnect to their authentic voice.

## Group Details

Thursdays from  
12:30 p.m.-1:45 p.m. PST  
\$65 per session  
Sessions held on Zoom  
Group size limited to 10 members

All potential members may be asked to attend up to 3 screenings to ensure best participation for everyone.

To schedule an initial screening, please contact Jackie at  
805-766-4585

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