

# FREE Adult Tele-Support Group

## Coping with Vision Loss: “Where Do I Begin”



Stephanie Jefferson

- When:** Wednesday, April 15, 2020 • 2 pm EDT
- Where:** Online/Phone – register at [lighthouseguild.org/adult-tele](http://lighthouseguild.org/adult-tele) or call **212-769-7833**
- Speaker:** Stephanie Jefferson, Host of Global Spotlight, Bronx and Manhattan Cable, and Radio Commentator

Living with vision loss is challenging. With the help of Lighthouse Guild’s Adult Tele-Support group, you don’t have to face it alone!

Join our first meeting featuring Stephanie Jefferson, who will share her remarkable journey of overcoming personal and professional challenges as she adjusted to her vision loss. Her story may inspire you to keep trying and perhaps think differently about your life. You’ll be able to ask questions and join the discussion!

Our adult tele-support group meets **every other Wednesday, 2 pm EDT.**

Join our meetings from the comfort and convenience of your home by phone or online. A licensed professional will lead the discussions to:

- Offer support on how to cope with COVID-19 and vision loss
- Help you find information and resources
- Provide opportunities to network and connect with each other
- Encourage you to find solutions to vision-related challenges