

What Women Say

- “ I had no idea how much I had been carrying until Robin helped me set it down.
- “ I came in thinking something was wrong with me. I left understanding I was simply in the middle of becoming who I really am now.
- “ She doesn't tell you what to think. She helps you hear yourself again.



Take the first step.

*Schedule a complimentary
20-minute conversation.*

astonhealing.com

(207) 731-2666



Working Together

Individual Sessions

In person in Bangor, Maine, or by phone. With Robin's guidance, you begin to understand why you think, feel, and react the way you do. And that understanding alone can change everything.

What to Expect

Robin listens not only to what you say but also to what is underneath, and you will begin to understand the patterns, fears, and untapped strengths that have been confusing you.

From there, the work is practical and personal. You will leave each session with greater clarity and small, manageable steps toward feeling more content in yourself.

A Note on Getting Started

Many women wait years before reaching out. If you have been wondering whether this is for you, that wondering is worth exploring. A short, no-pressure conversation is all it takes to find out.

Dr. Robin Aston
Clinical Psychologist | Life Coach
40+ Years of Experience
Bangor, Maine | astonhealing.com



**You Are Not
Who You Used
to Be.**

*And that is not a loss.
It is an invitation.*

Call Robin to schedule an
appointment today:
(207) 731-2666



A Different Kind of Support

After more than 40 years as a clinical psychologist, Dr. Robin Aston understands that life after 50 raises real questions:

Who are you now?

What are you still capable of?

How do you move through grief?

And how did I get like this?

Her work is not about fixing you. It is about helping you hear yourself clearly, understand what you are feeling, and move forward with confidence.

Sessions are warm, unhurried, and grounded in real experience.

You Deserve More Than Just Getting By

Many women after 50 describe a version of the same experience: a quiet sense that something important has been lost, alongside an equally quiet hope that something new might be possible.

Both of those things are true.

Robin works with women who are navigating:

- The loss of a professional identity after retirement
- The hollow feeling that can follow an empty nest or living alone
- Grief, whether for a person, a relationship, or a version of yourself
- Anxiety, low confidence, or a persistent sense of being lost
- The desire for a more meaningful life
- Body image and mobility changes and the emotional weight they carry

This is not therapy that keeps you in the problem. It is work that moves you toward clarity, confidence, and a life that feels like you.



Is This You?

You have spent decades being essential to everyone around you. You may have been:

The mother.

The caregiver.

The professional.

The one who held it all together.

And now, something has changed.

Maybe the career has ended. The children have grown. A relationship has changed. A spouse may have been lost. Or you simply woke up one morning and realized you are not entirely sure who you are anymore.

That feeling is not weakness. It is not failure. It is not something to push through or talk yourself out of.

This is the beginning of something important.

*You are not lost.
You are simply becoming
someone new.*