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## Join [EmptyNexters.com](http://EmptyNexters.com), a Vibrant and Interactive Community for Empty Nesters

Free Membership Offers Resources, Advice and Emotional Support for Empty Nesters

LOS ALTOS HILLS, Calif. – Designed for parents who are anticipating or experiencing an “empty nest,” [EmptyNexters.com](http://EmptyNexters.com) is a new, interactive community that serves a growing population of empty nesters<sup>1</sup> that is expected to reach 181 million in Europe and the US this year.<sup>2</sup> [EmptyNexters.com](http://EmptyNexters.com) provides much-needed emotional support, resources and advice for parents facing this major life transition. This community features discussion forums on topics such as “reenergizing your relationships” and “issues facing single parents”, as well as informative articles filled with tips and advice. In addition, video interviews and podcasts show how other empty nesters are making positive transformations.

Research has shown that people who belong to a community or support group benefit from a sense of support and belonging, allowing them to more easily move through difficult life transitions and on to new beginnings.

“Facing an empty nest can be a scary time for parents and it’s important that they realize they’re not alone. It takes a community to get through a major life change gracefully and joyfully”, said Joan Sherlock, founder of EmptyNexters.com. “EmptyNexters.com is a place where parents can share their joys and sorrows with others who are going through similar experiences. We help parents through the journey, so they look forward to opening new doors to their next new adventure.”

Visit [www.emptynexters.com](http://www.emptynexters.com) and join today. A **Basic Nexter** membership is free, and participants get unlimited access to information and resources, including in-depth interviews, videos and podcasts, a newsletter, forums connecting you with other Empty Nesters, and special offers and discounts. For a small subscription fee, an **Extra Nexter** membership includes Nexter benefits, as well as live, phone-based support groups, access to the Resource Center, teleconferences and more. The comprehensive fee-based membership option, **Devoted Nexter**, includes Extra Nexter benefits as well as dedicated coaching sessions with [Joan Sherlock](http://Joan Sherlock), certified career and life coach and founder of EmptyNexters.com.

## About EmptyNexters.com

[EmptyNexters.com](http://EmptyNexters.com) is a vibrant online community designed for empty nest parents who are seeking emotional support as well as advice and resources to help them transition to their next new adventure. EmptyNexters.com offers several membership levels, including the free Basic Nexter member.

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<sup>1</sup> Empty Nester is a parent whose children have grown up and left home, [http://en.wiktionary.org/wiki/empty\\_nester](http://en.wiktionary.org/wiki/empty_nester)

<sup>2</sup> According to Empty Nesters 2005 report, <http://www.the-infoshop.com/study/dc30017-empty-nesters.html>