

# The Ten Best Facebook Groups for Midlife Women

Feeling a little lonely and invisible in midlife? It's easy to feel that way; there are few representations of our age group in the media and what we do see can feel a bit out of touch. There's more to life than health problems and erectile dysfunction, right? What we need is a group of supportive women in the same stage of life available to commiserate with our struggles and celebrate our successes. And bonus points if these communities are available 24/7 so we can reach out at 2:00 a.m. when we can't sleep in the middle of the night.

Fortunately, there's help on Facebook! There are a ton of Facebook groups where we can find like-minded women who share our interests. I've gotten a ton of good information and even made some friends from my involvement in Facebook Groups. Here are 10 of the best groups I've found for Midlife Women. I'm sure you can find your tribe in at least one of these groups.

1

## [Grown and Flown Parents](#)

Large, Friendly and Supportive Group offering support for parents of kids in college and early adulthood.

2

## [Fabulous50s Community Group](#)

A supportive group of women devoted to looking their best, living healthy lives, and supporting each other through the ups and downs of life.

3

## [The Empty Nesters Community](#)

A community for empty nesters to talk openly about the good, the bad, the exciting and the overwhelming of the empty nest.

4

## [Sassy, Ageless Women](#)

An irreverent group celebrating women who are still interested in being feisty. Note: This group celebrates cursing and talks openly and frankly about sex. Best to avoid if this isn't something you are comfortable with.

5

## [Fab Women over 50](#)

An engaged community of women aged 50+ who want to share the issues in their lives with a supportive community.

6

[Peri / Menopause Support Group](#)

A 'Women only' support group for those looking for advice and support through peri and menopause.

7

[Menopause Misery Rejects](#)

This group focuses on the trials and tribulations of menopause with an irreverent, humorous twist.. If you want support through your menopause journey served up with a side of memes about the 80s and raunchy jokes about spouses, this is the group for you.

8

☀️ [Women Over 50s Friendship Group](#) ☀️

A large group of women over 50 talking about any and everything. Very active.

9

[Forever Fierce: The Midlife Revolution](#)

Celebrates all the women who are still vibrant and stylish over 50. I personally love all the outfit photos.

10

[The Flock \(of TheMuttonClub.com\)](#)

A very active facebook group for women to talk about books they've read, videos they like, things that inspire them, etc. It's like, you know, women our age are still interested in those things. What?

## Let's Stay in Touch!

I hope you'll continue to visit [midliferambler.com](https://www.midliferambler.com) as you move toward the next half of your life. Here are some other places I like to hang out online - hope to see you there!

Facebook: <https://www.facebook.com/midliferambler>

Instagram: <https://www.instagram.com/katykozee/>

Twitter: <https://twitter.com/katykozee>

Email: [katy@midliferambler.com](mailto:katy@midliferambler.com)

I'd love to hear from you!