

## Coping With Loss Support Group



If you have experienced a loss or are facing a health-related challenge and would like to be part of a supportive group, plan to attend the Coping With Loss support group. The group, facilitated by Linda Bellefeuille, COA Elder Advocate and Social Worker, will meet on **Wednesdays** at **11:30 a.m.** in the Cooney Room at the UUAC Church (11 Washington Street, Sherborn) on the following dates:

- October 26,
- November 9
- November 23
- December 7
- December 21
- January 7
- January 18\*

You can come for once, once a month, or as often as your schedule allows. If you can let us know you plan to come, great; if not, drop-ins are most welcome!

\*sessions will continue through the winter/spring if there is sufficient interest.