

Grief Support Group

a weekly support group offered by the Alliance on Aging

Facilitated by two experienced senior peer counselors who encourage connection, support, empathy & safety concerning any loss a group member might have. They allow and encourage the sharing of perceptions, feelings and personal experiences in a friendly manner. Group members are encouraged but not obligated to share. This group is for seniors, 55 years and older.

WHEN: **Wednesdays** 10:00 – 11:00 a.m.,
starting September 21

WHERE: Active Seniors, Inc.
100 Harvest Street in Salinas
(No charge. MEMBERSHIP NOT REQUIRED)

For more information, please contact Jo Anne at 831-261-7856.

