



Regarding Grief **Education & Support Services**

in partnership with



is pleased to offer

Grief Support Groups

Led by experienced facilitators trained by
Certified Grief Educators Julie Kettlewell and Mallory Barnes

NO COST TO ATTEND

First Saturday of every month

10:30 a.m. to Noon

~ AND ~

Third Wednesday of every month

3:00 p.m. to 4:30 p.m.

Please call (989) 732-1122 for more information.

Open to anyone 18 or older in need of grief support

Meetings will include grief education, sharing, and Q & A.

Meeting Location: Multipurpose Space—Upper Level

Otsego County Commission on Aging

1165 Elkview Drive, Gaylord