



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.

**** The Grief Support Groups are funded in part through
a grant from the Region 9 Area Agency on Aging.***

Meeting Location: Multipurpose Space—Upper Level
Otsego County Commission on Aging
1165 Elkview Drive, Gaylord