



## Coping with Grief and Loss



**Mondays,  
September 16 – October 28  
10 – 11:30 a.m.**

*Note: Group will not meet on Columbus Day.*

*Sudbury Senior Center  
40 Fairbank Road, Suite B, Sudbury*

Care Dimensions will be offering an 6-week bereavement support group focused on coping with the loss of a loved one. This group will provide participants a safe place to explore and share their grief, make connections with others experiencing similar losses, and foster coping skills along the grief journey. This group is for people whose loss was at least 3 months prior to the start of the group and who are able to commit to attending all sessions.

**Space is limited so pre-registration is required by Sept. 9.  
RSVPs to Laurel Mauroy at 781-373-6530  
or email [grief@CareDimensions.org](mailto:grief@CareDimensions.org)**