



LGBTQ+ Seniors Life Changes Support Groups

These are 6 week support groups, in person, facilitated by Diane McCarthy.

As we age, we experience an increasing number of life changes. Job loss, retirement, divorce, loss of loved ones, health challenges. In this group we will learn to make these changes less painful and learn that some changes are necessary for us to adapt and grow.

There is no charge for these groups, but registration is required.

**Bourne Council on Aging
239 Main Street
Buzzards Bay**

Group will be held on Thursdays, from 2:30 to 4:00 pm for 6 consecutive weeks, starting March 20, 2025.

To Register call the Bourne COA 508-759-0600, ext. 5300

**First Parish Unitarian Universalist Meeting House
1969 Main Street
Brewster**

Group will be held on Tuesdays, from 2:30 to 4:00 pm for 6 consecutive weeks, starting March 18, 2025.

To register for the Brewster group, or if you have any questions about either group, call Diane McCarthy - 774-283-0931 or email dmmcdj@aol.com

