LGBTQ Grief at the Holidays Support Group

Yarmouth Senior Center
528 Forest Road
West Yarmouth 02673

When the holidays come around, grief, whether it be a recent loss or memories of past loss, can be a difficult challenge.

This support group will discuss coping strategies, tips and

"The Three C's for Holiday Grief".
(Choose, Communicate and Compromise)
Hand outs will be provided.

Register for either group
Group 1 Wed. Nov. 20 - 2 pm to 4 pm
or
Group 2 Wed. Dec. 4 - 2 pm to 4 pm

The group is free, however, registration is required.
Call, Text or email 508-534-8665 or yarmouthlgbtqseniors@gmail.com

You are not alone