

# Life After Loss Grief Support Group

**Have you experienced the loss of a loved one?  
Are you in need of a supportive safe space to  
share your experiences?**

We invite you to join our virtual grief support group by phone or video conference to engage with people whom share similar experiences and to learn ways to cope with loss.

CLASS DAYS	TIME	LOCATION
Second Wednesdays	1-2:30pm	In-Person, Seymour Ctr.
Fourth Wednesdays	1-2:30pm	VIRTUAL



**Pre-registration is required.**  
For more information or to register, please contact  
**[agingtransitions@orangecountync.gov](mailto:agingtransitions@orangecountync.gov)** or call **919-968-2087**