



**Have you lost
someone close to
you?**

**Maybe it's been a few
months or a few
years, but you still feel
as if it was just
yesterday.**

**Maybe people tell you to get over it or you feel all
alone even when you are surrounded by people.**

**A bereavement support group can help you to
express, understand and cope with difficult
emotions associated with grief and loss.**

The Somerville Council on Aging is offering a confidential
8-week support group facilitated by Diane Christopherson, D.
Min., Bereavement Coordinator, Beacon Hospice.

Dates: Thursdays January 26,
 February 2, 9, 16, 23
 March 1, 8, 15

Time: 9:45-11:15 a.m.

Location: Ralph & Jenny Center
 2nd Floor

*To sign up, call 617-625-6600, ext. 2300.
Lunch and transportation are available upon request.*