



CareDimensions

*Compassionate expertise for advanced illness*

## **Coping with Grief and Loss**

*A group for people 60 and over*



**Fridays, January 12 – March 2**  
**10:30 AM – Noon**

*Peabody Council on Aging  
Torigian Community Life Center  
75 Rear Central Street, Peabody*

Care Dimensions will be offering a bereavement support group focused on coping with the loss of a loved one. This group will be held for 8 consecutive weeks at the Peabody Council on Aging.

**Space is limited so pre-registration is required by Jan. 5.  
For questions or to register, please call 978-774-5100  
or email [grief@CareDimensions.org](mailto:grief@CareDimensions.org)**