

Healing and Feeling Support Through Loss

Wed, Dec 12, 2018, 01:30pm–02:30pm

(second Wednesday of every month)

The Cambridge Council on Aging is starting a new support group. Betsy Simmons, Holistic Health Educator & Interfaith Minister, will facilitate this ongoing monthly group. This will be a safe place to reflect on our losses, including separation from, or death of a loved one, or witnessing the end of a loved one's life. The group will reflect on and share experiences of grief and loss and explore simple meditations, poetry and rituals to begin healing. Self-care, listening and support is the foundation of this group.

For more information please contact Vincent McCarthy at vmccarthy@cambridgema.gov or 617-349-6220