



**Cambridge Senior Center (806 Mass. Ave.)
Social and Support Groups**



Veterans and Friends Support Group

Wednesday,

October 9th

1 – 2 p.m.

In-person

The Council on Aging hosts a once-a-month Veterans and Friends Support Group.

This group is a place where veterans and non-veterans can come to check in, share stories, discuss life experiences, socialize, and discuss military culture in a nonjudgmental space. The focus will be on promoting self-care, wellness, and peer support.

If you are interested in participating or have any questions, please contact **Dee Cannon** at dcannon@cambridgema.gov or **617-349-6048**.



This program is for ages 60 years and older.

Cambridge Senior Center

806 Massachusetts Avenue, Cambridge, MA 02139

www.cambridgema.gov/CouncilOnAging • 617-349-6220