



Cambridge Senior Center (806 Mass. Ave.)

Special events



Navigating Loss– Grief Has Its Season

**Mondays, February 3rd,
March 3rd, and April 7th.**

from 1 -2 p.m.

In-person

In this informal conversational group, we will explore grief and how it impacts our lives.

We will also share resources, coping strategies and personal experiences around loss.

The sessions will be facilitated by Susan Pacheco, Executive Director, Cambridge COA and Vincent McCarthy, Director of Client Services, Cambridge COA.

The group will meet at the Cambridge Senior Center 806 Mass Ave., Cambridge on Monday, February 3rd, March 3rd and April 7th from 1pm – 2pm.

Registration is encouraged, but all are welcome. To register, or for more information, please contact Vincent McCarthy at vmccarthy@cambridgema.gov or call 617-349-6216



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