



Cambridge Senior Center (806 Mass. Ave.)

Special events



**Navigating Loss– Grief Has Its Season
Mondays December 2, 9 and 16
from 2 -3 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.

This 3-part in person series 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, December 2nd, December 9th & December 16th from 2pm – 3pm.

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