

Free Virtual Program on

Coping Strategies for Grief and Loss

Thursday, September 23, 2021

10:00 AM

Pre-Registration Required Via Zoom

https://actonma.zoom.us/webinar/register/WN_eYkg7Tp3RHSXzyGZ5v68hw



Join the conversation about grief and loss especially since the COVID pandemic began. What feelings do we experience? How can we take (better) care of ourselves? What is our future and how do we connect to what uplifts up? Feel free to share your stories and questions if the mood strikes you.

Cynthia Simpson LICSW. Senior Citizen and therapist with experience in grief, trauma, and family matters. On staff part time at the Eliot Center in Concord.

For more information please contact Sheryl Ball at the Acton Health Division
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