



Helios Care

COMPASSION, CHOICES & DIGNITY

2023 Adult Grief Support Group Schedule

Groups are free. All adults are welcome to attend

Third Tuesdays:

10:00-11:30 AM

St James Church,
305 Main Street
Oneonta, NY 13820

1/17 7/18
2/21 8/15
3/21 9/19
4/18 10/17
5/16 11/21
6/20 12/19

Third Thursdays:

2:00-3:30 PM

Delhi e-Center
5 1/2 Main Street
Delhi, NY 13753

1/19 7/20
2/16 8/17
3/16 9/21
4/20 10/19
5/18 11/16
6/15 12/21

Fourth Wednesdays:

1:00-2:30 PM

Cobleskill United
Methodist Church
107 Chapel Street
Cobleskill, NY 12043

1/25 7/26
2/22 8/23
3/22 9/27
4/26 10/25
5/24 11/22
6/28 12/27

2023 Adult Virtual Grief Support Group

Groups are Free. Please call to register (607) 432-5525

First Mondays of the month: 1:00-2:30pm

LOCAL RESOURCES

COMPASSIONATE FRIENDS PARENTAL GRIEF SUPPORT:

CONTACT: DIANA FRIEDEL (607)433-2089 OR KATHRYN DAVINO (607)746-7396

www.tcfoneonta.org for more information

PERINATAL BEREAVEMENT: MISCARRIAGE, STILLBIRTH, INFANT DEATH

INDIVIDUAL COUNSELING - CONTACTS: REV. JUDY THISTLE (607) 287-1550

SUICIDE PREVENTION LIFELINE:

<https://suicidepreventionlifeline.org/help-yourself/loss-survivors/>

National Suicide and Crisis Lifeline, call or text 988

ADDITIONAL RESOURCES ON BACK





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Mental Health Emergencies: Call 911 or go to the nearest emergency room

Mental Health Crisis Services:

The Mobile Crisis Assessment Team (MCAT) 1-877-369-6699 or 1-844-732-6228
<https://www.neighborhoodctr.org/services/mobile-crisis-assessment-team/>

Bassett Hospital Outpatient Psychiatry

(607) 547-3500

Delaware County Mental Health Services

(607) 865-6522

www.co.delaware.ny.us/departments/mhc/mhc.htm

Otsego County Mental Health Services

(607) 433-2343

www.otsegocounty.com

Schoharie County Mental Health Services

(518) 295-8407

www4.schohariecounty-ny.gov/departments/community-services/

Reputable Grief Websites

<http://helioscare.org>

<https://complicatedgrief.columbia.edu/for-the-public/resources-2/>

<https://www.dougy.org/grief-resources/>

<https://grief.com/group-resources/>

<https://hospicefoundation.org/End-of-Life-Support-and-Resources/Grief-Support.aspx>

<https://www.centerforloss.com/>

<https://modernloss.com/>

<https://refugeingrief.com/>

<https://elunanetwork.org/>

<https://griefyoga.com/>

<https://whatsyourgrief.com/blog/?category=coping-with-grief>