



## 2024 Adult Grief Support Group Schedule

Groups are free. All adults are welcome to attend

<b>Second Thursday of the month: 1:00-2:30 PM</b> Clark Sports Center 124 Co Road 52 Cooperstown NY 13326	<b>Third Tuesday of the month: 10:00-11:30 AM</b> St James Church, 305 Main Street Oneonta, NY 13820	<b>Third Thursday of the month: 2:00-3:30 PM</b> New Hope Community Church 45 Stockton Avenue Walton, NY 13856	<b>Fourth Wednesday of the month: 10:00-11:30 AM</b> Cobleskill United Methodist Church 107 Chapel Street Cobleskill, NY 12043
1/11    7/11	1/16    7/16	1/18    7/18	1/24    7/24
2/8    8/8	2/20    8/20	2/15    8/15	2/28    8/28
3/14    9/12	3/19    9/17	3/21    9/19	3/27    9/25
4/11    10/10	4/16    10/15	4/18    10/17	4/24    10/23
5/9    11/14	5/21    11/19	5/16    11/21	5/22    11/27
6/13    12/12	6/18    12/17	6/20    12/19	6/26    12/18

## 2024 Adult Virtual Grief Support Group

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

### LOCAL RESOURCES

#### COMPASSIONATE FRIENDS PARENTAL GRIEF SUPPORT:

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

[www.tcfoneonta.org](http://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/>

#### 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/>