



2024 Adult Grief Support Group Schedule

Groups are free. All adults are welcome to attend

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





Helios Care

COMPASSION, CHOICES & DIGNITY

ALZHEIMER'S ASSOCIATION GROUPS: Meeting virtually

CONTACT: ANN THAYER AT (607) 547-1650

Bassett Hospital Outpatient Psychiatry

(607) 547-3500

Brain Injury Assn. of New York State

1-800-444-6443 or (518) 459-7911

www.bianys.org

Breast Cancer Support Center - ABCD

1-800-977-4121

www.abcdbreastcancersupport.org/

Cancer Survivors Online Network - ACS

1-800-227-2345 24/7 or (607)766-6900

<http://csn.cancer.org/>

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/>