



**Groups are free. All adults are welcome to attend.**

<b>Cooperstown</b>	<b>Oneonta</b>	<b>Stamford</b>	<b>Walton</b>	<b>Cobleskill</b>
Second Thursday of the month <b>1:00 – 2:30 PM</b>	Third Tuesday of the month <b>10:00 – 11:30 AM</b>	Third Thursday of the month <b>1:30 – 3:00 PM</b>	Third Thursday of the month <b>2:00 – 3:30 PM</b>	Fourth Wednesday of the month <b>10:00 – 11:30 AM</b>
Clark Sports Center 124 County Road 52 Cooperstown, NY 13326	Saint James Church 305 Main St. Oneonta, NY 13820	First Presbyterian Church of Stamford 96 Main St. Stamford, NY 12167	New Hope Community Church 45 Stockton Ave. Walton, NY 13856	Cobleskill United Methodist Church 107 Chapel St. Cobleskill, NY 12043
1/9      7/10 2/13     8/14 3/13     9/11 4/10     10/9 5/8      11/13 6/12     12/11	1/21     7/15 2/18     8/19 3/18     9/16 4/15     10/21 5/20     11/18 6/17     12/16	1/16     7/17 2/20     8/21 3/20     9/18 4/17     10/16 5/15     11/20 6/19     12/18	1/16     7/17 2/20     8/21 3/20     9/18 4/17     10/16 5/15     11/20 6/19     12/18	1/22     7/23 2/26     8/27 3/26     9/24 4/23     10/22 5/28     11/26 6/25     12/17

### Additional support available from Helios Care

- ▶ Bereavement counseling for individuals & families
- ▶ Free “coping kits” for children & teens
- ▶ Camp Forget-Me-Not in Spring, Summer & Fall of 2025

### Are you experiencing a mental health crisis or need immediate support?

Call **9-1-1** or the Mobile Crisis Assessment Team (MCAT) at **844-732-6228**.

Call **(607) 432-5525** or visit [helioscare.org](http://helioscare.org) to learn more.