

**Virtual**

# Community Grief Support Groups

## You are not alone



Individuals and families in central Massachusetts are grieving the loss of people they care about—family members, friends, colleagues—during this COVID-19 pandemic. Many are struggling to cope with trauma or isolation. Not all the deaths were due to the virus, but the grief has been universal.

Feeling alone makes grief even more difficult—but we can find support in each other. Three affiliate organizations of Seven Hills Foundation are collaborating to bring their expertise to our community:



- Free weekly virtual grief support groups through ZOOM, led by trained counselors
- Groups for individuals and for families in both English and Spanish
- Groups will start in June and continue as needed

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**For more information about these three Grief Support Groups or to register, go to [sevenhills.org/help](https://sevenhills.org/help) or call Children's Friend at 508.753.5425**

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All groups are provided at no cost due to the generosity of

