

# GRIEF SUPPORT GROUP

**EVERY 2ND AND 4TH THURSDAY  
1 PM**

**at the AMESBURY COUNCIL  
ON AGING**

*Have you lost a loved one during this past year?*

*Would you like to process your loss with a group of people who also seek support around the loss of a loved one?*

*Join a group of people who have had a similar experience and are professionally facilitated to provide a safe space for all to share.*

**The Grief Support Group is open to all. No registration required, just drop in.**

**NICHOLAS J. COSTELLO CENTER | 68 ELM ST. | AMESBURY, MA**