



*Are you feeling scared, stressed, confused, or angry?*

## COVID-19 Discussion & Support Group *for Older Adults*

Wednesdays 10:30 a.m. | Virtual

Living during COVID-19 has many challenges that we are still adapting to and learning about. For many, it's a time of isolation, distress, and uncertainty. In this group, people experiencing these difficulties can find support from others encountering similar challenges. Groups will be held via Zoom and are open to residents of the MetroWest area.

### *To Register*

#### **Email**

Nancy King-Bolger LICSW

[NKing-B@Advocates.org](mailto:NKing-B@Advocates.org)

*Please write **COVID Support Group** in the email subject line. Please include contact number.*

This group will be free to participants due to generous funding by the MA Department of Mental Health, through the Behavioral Health Urgent Care (BHUC) grant. Those in need of grief support and/or individual services due to COVID-19 can contact us at the number or email above. Referrals and resources will be provided.

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*Questions?* John DeRonck | (508) 277-5420