



Senior Center Serving Adults Age 55+

Support Groups

Now being offered in person and on Zoom.

FAMILY CONFLICT GROUP ON ZOOM

Facilitated by Cornelia Morris, PhD, LADC
1st and 3rd Wednesday of each month at 10:00 AM
Wednesday, August 4th and 18th

For more information and to join, please contact Cornelia at
cmorris@trumbull-ct.gov and/or call (203) 452-5193

GRIEF AND LOSS SUPPORT—IN PERSON

Facilitated by Cornelia Morris, PhD, LADC and co-facilitated by
Ashley Grace, MSW Intern from Sacred Heart University.
The group now meets in person at the Senior Center and is for anyone
that has experienced any kind of loss.

2nd and 4th Tuesday of each month at 9:00 AM
Tuesday, August 10th and 24th

For more information and to join, please contact Ashley Grace at
agrace@trumbull-ct.gov and/or call (203) 452-5199.

CAREGIVER SUPPORT GROUP ON ZOOM

Thursday, August 12th and 26th at 2:30 PM
Open to the Public
All caregivers are welcome to join.

For more information and to join, please email Ashley Grace at
agrace@trumbull-ct.gov and/or call (203) 452-5199.