



# **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](mailto: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](mailto: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](mailto:agrace@trumbull-ct.gov) and/or call (203) 452-5199.