

# Good Grief Support Groups



A safe, supportive environment  
for moving through the grieving process

**Port Henry**  
**St. Patrick's Parish Hall**  
**First Thursday of every month at 11:00am**

**Essex**  
**St. John's Church**  
**First Monday of every month at 11:00am**

For more information call:  
Ed Johnston 518.891.0606 x564

Pre-registration is appreciated.  
Free and open to All!



HIGH PEAKS HOSPICE  
**BEREAVEMENT**