

## SYJCC Virtual Support Groups

### Widows & Widowers Support Group – New group Mon Nov 30 – Jan 18

Weekly Monday 6:30pm – 7:30 pm

This 8-session group is designed to provide support to those recently bereaved in a caring and supportive atmosphere. Work through grief, examine feelings, and discover inner strengths.

Fee/8 sessions: \$80 members, \$100 non members

For more information contact Sheila at [sgoloboy@syjcc.org](mailto:sgoloboy@syjcc.org) or call 631-462-9800 x151

### Next Steps for Widows and Widowers - New group Wed Dec 2 – Jan 20

Weekly Wednesday 6:30 pm – 7:30 pm

Have you already attended a bereavement group? Are you looking to take next steps as a new routine begins to take shape? Let's continue to connect and help one another.

Fee/8 sessions: \$80 members, \$100 non members

For more information contact Sheila at [sgoloboy@syjcc.org](mailto:sgoloboy@syjcc.org) or call 631-462-9800 x151

### Bereavement Support Group – for those healing from a loss

This 8-session group is designed to provide support to those recently bereaved in a caring and supportive atmosphere. Work through grief, examine feelings, and discover inner strengths. Fee/8 sessions: \$80 members, \$100 non-members Groups are in formation to express interest contact Sheila at [sgoloboy@syjcc.org](mailto:sgoloboy@syjcc.org) or call 631-462-9800 x151

### Early Stages of Separation & Divorce – meets weekly

Weekly Wednesday 7:30-9:00 pm

Going through a separation or divorce can be very traumatic. Our support group gives you the opportunity to meet with others and find a sense of connection and support during this time. This is an open group that meets weekly in person outside weather permitting. Fee: \$5 members, \$8 non-members per session.

**Register** at [syjcc.org](http://syjcc.org) or call 631-462-9800 x151

For more information contact Sheila at [sgoloboy@syjcc.org](mailto:sgoloboy@syjcc.org) or call 631-462-9800 x151

Practice zoom session will be held the day before each 8 session group begins. Registration required for all groups. Zoom link will be emailed by noon on the day of the meeting. Register at [syjcc.org](http://syjcc.org) or call 631-462-9800 x151

For more information, contact Sheila Goloboy, LMSW at 631-462-9800 x151 or email [sgoloboy@syjcc.org](mailto:sgoloboy@syjcc.org).

All groups to be held via Zoom and are subject to minimum registration.



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