Now in San Mateo

Drop-In Grief Support Group

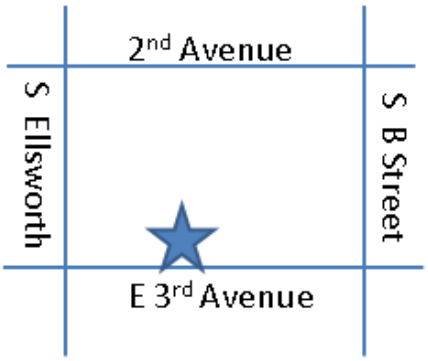
Thursdays, 12:00pm – 1:30pm
Oct 13th 2016 through Jan 19th, 2017
Attend any or all sessions

Kara offers a grief support group for adults who have experienced the death of a significant person in their life. The group provides a place for those who are grieving to share their feelings and learn about the grieving process in a safe and supportive environment. The group is facilitated by Kara's trained peer support volunteers.

Meeting Location:

205 East 3rd Avenue
Suite 200D
San Mateo, CA 94401

Registration is Recommended
Space is Limited
CLICK HERE



For more Info and to Register:

Call 650-321-5272
or visit
www.kara- grief.org

There is no fee to attend this group. Donations are suggested and can be made online at www.kara-grief.org/donate or sent by mail to our main office in Palo Alto.

As a nonprofit organization serving the Bay Area since 1976, Kara provides comprehensive grief support, crisis intervention and education to individuals and communities facing the difficult realities of grief and loss. Guided by empathy, we offer caring support and provide a space where those in grief find deep relief in the company of others. Please call our office or visit www.kara-grief.org to learn about additional services.