



Dear COJ friends,

My prayers, thoughts and love are with you and your family. We so miss seeing your smiles and exchanging hugs. As we're reminded during this time of transition and uncertainty, Grief doesn't just come when someone we love dies. But rather, it often accompanies life's changes. And right now, we are all experiencing change on a daily, and sometimes hourly, basis.

While I can't see you this day, I'm grateful to connect with many of you through technology, such as phone calls, text messaging, and through video conferencing! And, speaking of technology...

### **COJ Update**

While COJ's office doors may be currently closed, our phone lines, emails, website resources, social media feeds and virtual support groups are wide open! Working virtually, our team is here, hard at work and ready to support you, your family, and friends during this hectic time.

We are pleased to share with you that our support groups have gone virtual! Click [HERE](#) to view our calendar of upcoming support groups. Click on the group for additional details and follow the registration links to let us know you are planning to attend. After registration is complete, you will receive additional details from us on how to join us on our videoconferencing platform, Zoom.

Please, call us at 513.870.9108 or drop us a line at [sheila@companionsonajourney.org](mailto:sheila@companionsonajourney.org) letting us know how we can support you during these unprecedented times.

On behalf of the team at Companions on a Journey, know that today, as always, 'We are here for you.' Thank you for always being there for us.

Sending you my love wrapped in one giant HUG!

Blessings,

A handwritten signature in cursive script, reading 'Sheila Murphy-Fungo'.