



Dear COJ friends,

While we continue to work through this unprecedented time, please know that our phone lines, emails, website resources, social media feeds and virtual support groups are wide open! Our team has returned to the office and is here, hard at work and ready to support you, your family, and friends during this hectic time.

We continue to offer our adult and family support groups virtually. 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.

Soon, we will begin offering short-term grief counseling. This service will be available for a nominal fee and may be covered through your company's EAP (Employee Assistance Plan). For additional information, please call our office or email catrina@companionsonajourney.org.

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 that reads 'Sheila'.