



**Groups are free. No registration is required. All adults are welcome to attend.**

Cooperstown	Walton	Cobleskill	Oneonta
Clark Sports Center 124 County Road 52 Cooperstown, NY 13326	New Hope Community Church 45 Stockton Ave. Walton, NY 13856	United Methodist Church 107 Chapel St. Cobleskill, NY 12043	Saint James Church 305 Main St. Oneonta, NY 13820
Second Thursday of the month <b>1:00 – 2:30 PM</b>	Third Thursday of the month <b>2:00 – 3:30 PM</b>	Fourth Wednesday of the month <b>10:00 – 11:30 AM</b>	<b>10:00 – 11:30 AM</b>  <b>NOTE:</b> This group will <u>only</u> meet on the following dates:
1/8            7/9 2/12          8/13 3/12          9/10 4/9            10/8 5/14          11/12 6/11          12/10	1/15          7/16 2/19          8/20 3/19          9/17 4/16          10/15 5/21          11/19 6/18          12/17	1/28          7/22 2/25          8/26 3/25          9/23 4/22          10/28 5/27          11/25 6/24          12/23	1/20 2/17

## Additional support available from Helios Care

- ▶ Bereavement counseling for individuals & families
- ▶ Free “coping kits” for children & teens
- ▶ Camp Forget-Me-Not in Spring, Summer & Fall of 2026

## Are you experiencing a mental health crisis or need immediate support?

Call **9-1-1** or the Mobile Crisis Assessment Team (MCAT) at **844-732-6228**.

Call **(607) 432-5525** or visit [helioscare.org](https://helioscare.org) to learn more.