



Let's Talk About It:

Tips to Reinvent Yourself During Times of Grief/Loneliness and Personal Loss

Workshop Presenter: Jordane Jolley, LMSW

When: Wednesday, March 25, 2026

Time: 11:00AM - 12:30PM

Where: Queens Community House Jamaica Older Adults Center
89-60 164th Street, Jamaica, NY, 11432

Enjoy a morning of education, connection, and relaxation!

Workshop topics will include:

- The emotional impacts of grief/personal loss
- How to identify helpful coping strategies
- Helpful suggestions to make new friends and relieve feelings of isolation
- Helpful NYC resources to support older adults

Sign up for this free event by contacting **Elyse Milla at (646) 880-7990.**

