



2021 VIRTUAL GRIEF & COVID-19 SUPPORT GROUPS

ALL groups for **FREE** to attend and lead by a licensed facilitator. please call Grief Support Hotline **(504) 418 0791** or for more information go to www.akulafoundation.com

Grief Support

For All Groups	Date 1 st & 3 rd Wednesday		Timing
Grief Support	January 6 & 20	July 7 & 21	Wednesday 6:00 PM
Zoom Meeting ID: 879-8487-0708	February 3 & 24 ***	August 4 & 18	
	March 3 & 17	September 1 & 15	
	April 7 & 21	October 6 & 20	
Passcode: 749670	May 5 & 19	November 3 & 17	
	June 2 & 16	December 1 & 15	

COVID-19 Support

For All Groups	Date 1 st & 3 rd Thursday		Timing
NEW COVID-19 SUPPORT GROUP	January 7 & 21	July 1 & 15	Thursday 6:00 PM
Zoom Meeting ID: 869-4265-1318	February 4 & 18	August 5 & 19	
	March 4 & 18	September 2 & 16	
	April 1 & 15	October 7 & 21	
Passcode: 1234	May 6 & 20	November 4 & 18	
	June 3 & 17	December 2 & 17	

Follow our Podcast on facebook page [Facebook.com/akulafoundation](https://www.facebook.com/akulafoundation) or you can also see our Podcast on <https://www.akulafoundation.com/COVID19/>

ALL groups are thru ZOOM, which is a FREE download by computer or smartphone app

Details on how to download Zoom and a link to several tutorials on using Zoom may be found at Zoom.us/signin.

Google the word "zoom" in youtube for many tutorials

The most detailed is <https://www.youtube.com/watch?v=xcEXn4mnyLM>

Please note some *Alternative Dates due to holidays.

We are able to provide all these programs FREE of charge because of your generous support. Thank You

Our 501-C-3 non-profit organization relies on donations from the community and we ask that you consider us in your next tax deductible donations.

For more information:
Call **(504) 418-0791**

visit our website:
www.akulafoundation.com

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