



www.akulafoundation.com

Please call Grief Support Helpline at 504-418-0791

ALL groups are thru ZOOM, which is a FREE download by computer or smartphone app. All groups are FREE to attend and lead by a licensed facilitator Call 504-418-0791 or for more information go to the link at the bottom of the HOME page at www.akulafoundation.com

ZOOM GROUP	Date 1st and 3rd Wednesday	Time
<p>Grief Support</p> <p>Zoom Meeting Number 879-8487-0708</p> <p>Passcode 749670</p>	<p>January 5 & 19 February 2 & 23 March 9 & 23 ***** April 6 & 20 May 4 & 18 June 1 & 15 July 6 & 20 August 3 & 17 September 7 & 21 October 5 & 19 November 2 & 16 December 7 & 21</p>	<p>Wednesday 6:00 -7:00 PM</p> <p>For All Groups</p> <p>***** Date Changes for MARCH Alternative Dates because of Mardi Gras and Ash Wednesday</p>
<p>COVID-19 Support</p> <p>Zoom Meeting Number 869-4265-1318</p> <p>Passcode 1234</p>	<p>January 6 & 20 February 3 & 17 March 10 & 24 ***** April 7 & 21 May 5 & 19 June 2 & 16 July 7 & 21 August 4 & 18 September 1 & 15 October 6 & 20 November 3 & 17 December 1 & 15</p>	<p>COVID-19 SUPPORT GROUP</p> <p>Thursday 6:00 -7:00 PM</p> <p>For All Groups</p> <p>***** Date Changes for MARCH Alternative Dates because of St. Patrick's Day</p>

See akulafoundation.com website for Podcasts on Covid 19 under the Facebook icon F at the bottom left of the HOME page, under Social Media