



# *Tuskegee Senior Citizens Program*

## **Tuskegee-Macon County GRIEF SUPPORT GROUP**

**Grief is a powerful, intensely painful psycho-physiological experience that is caused by the loss of a loved one. It is characterized by deep anguish, loneliness, isolation, depression, hopelessness, a sense of dread and unending sadness.**

**Grief follows any loss for which an individual cares deeply. What matters is the individual's love and attachment to the person or thing that is lost. Grief is a tax the survivor pays for that love.**

### **We Care!**



**The Tuskegee-Macon County Grief Support Group is open to all citizens.  
There is no cost for participation.**

**The group meets the second Thursday of each month at 2:00 p.m. at the Tuskegee Senior Citizens Office, 802 Crawford Street, Tuskegee, AL. 36083**

**Tuskegee Senior Citizens Program  
Dr. Florence Pace-Tyner, Director**

**Ms. Mary Patterson, Facilitator  
334-720-0521 or 334-720-0522**