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Press Release

From: Silver Bay YMCA Conference and Family Retreat Center

Silver Bay YMCA to offer support group for grieving individuals

Free grief support group to start Feb. 25

Silver Bay, NY – The Spiritual Life Center at Silver Bay YMCA is pleased to announce the start of a 13-week GriefShare support group, providing a safe and compassionate space for those navigating the difficult journey of grief. Beginning Tuesday, Feb. 25, the group will meet every Tuesday from 6:30 p.m. to 8:00 p.m. at the Dance Studio in Fisher Gymnasium, continuing through May 20.

GriefShare is a nationally recognized program designed to support individuals dealing with loss. Each week, participants will watch a 30-minute video addressing different aspects of grief. These insightful videos are followed by group discussions, offering an opportunity to connect with others, share personal experiences, and learn practical tools for coping with grief.

The support group is open to anyone in the community, as well as Silver Bay staff and members. This initiative provides a compassionate environment where individuals can better understand the emotions that accompany loss and gain strength from others who are experiencing similar challenges. There is no cost to participate, and registration is encouraged.

"We understand that grief is an incredibly personal and often isolating experience," said Dr. Chris Coppernoll, director of the Spiritual Life Center at Silver Bay YMCA. "Our goal with GriefShare is to provide a community of

support, healing, and understanding. Together, we can help each other find comfort during one of life's most difficult times."

For additional information about this program please contact the Silver Bay YMCA Spiritual Life Center at 518-543-8575.

Details:

- **When:** Tuesdays, February 25 - May 20 | 6:30 PM - 8:00 PM
- **Where:** Dance Studio, Fisher Gymnasium, Silver Bay YMCA
- **Cost:** Free
- **Registration:** <https://forms.office.com/r/DHEuTRG3T3>

About the Spiritual Life Center:

The Spiritual Life Center at Silver Bay YMCA is committed to nurturing spiritual growth and wellness. Through programs like GriefShare, we offer support and healing to those in need, fostering an environment of connection, understanding, and spiritual growth.

For questions or additional information, please contact the Spiritual Life Center at 518-543-8575.

About Silver Bay YMCA: Silver Bay YMCA, founded in 1902, is in Silver Bay, NY, just minutes south of Hague. Its 700-acre campus along one mile of Lake George shoreline offers a breadth of programs for all ages. Silver Bay YMCA is consistently ranked one of the top ten family reunion sites in the country and is on the National Register of Historic Places with the U.S. Department of the Interior. As a mission-based charity, Silver Bay YMCA offers outreach programs in addition to its core activities as a premier conference and family retreat center. Learn more about Silver Bay at www.silverbay.org.

Our MISSION: To foster relationships, strengthen communities and nurture spirit, mind, and body for all.

Our IMPACT: Because of Silver Bay YMCA, connections between people and family are stronger. People are more connected, respectful, and caring. They have the confidence to develop to their full potential and to positively impact the communities in which they work and live. As a result, communities are

more dynamic, inclusive and diverse. As stewards of Lake George, we inspire people to be stewards of the environment while they are visiting our magnificent campus and in their home communities.