

**MAHROO MULTICULTURAL CENTER LLC**

www.mmcnyc.com  
646-420-6633

# SHARE & CARE FOR SENIORS

**In-Person Group Sessions**



*Zen Buddhist Temple  
206 E 63rd St., 10065  
Between 2nd & 3rd Avenue*

**Are you struggling to adapt to the changes of aging, or grieving the loss of a spouse or loved one?**

*Join us to discuss and learn coping skills, explore how to improve your mental well-being during difficult times.*

Space is limited to 10 people per session.  
Please call 646-420-6633 to save your spot!  
Suggested fee is \$20, donations are welcome!  
Refreshmentes will be served.

**Session Dates:**

**Monday Evenings  
From 6:00-7:00pm**

**April 8th**

**April 15th**

**April 22nd**

**April 29th**