805 Connects Activity Reminder

Event: Social Friendship Group- How to Cope with Loss

Date: August 6th, 2026

Time: 4:30pm - 7:30pm

Location: 805 Connects Office
1317 Del Norte Rd. Suite #150, Camarillo CA 93010

Description:

Join our Social Group for a supportive discussion about coping with loss. We'll talk about healthy ways to manage difficult emotions, remember loved ones or important life changes, and support one another in a safe and respectful environment. Together, we'll learn positive coping skills and remind each other that no one has to go through loss alone.

How to Prepare:

Pick up details for the day of the event:

- Pick-up time is 3:45pm-4:30pm
- An activity coach will call you during pick-up.
- Please be prepared, answer your phone, and be patient so we know you are still attending.