



BEREAVEMENT PROGRAM Journey Through Grief

Anyone over age 18 who is grieving the death of a loved one may attend these monthly support sessions. At each session, different speakers share their insights about the grieving process, followed by group discussion. This group is open to the public and no registration is required. **Journey Through Grief meets the third Tuesday of each month from 6:00 p.m.-7:30 p.m.** at 7 Executive Park Drive, Merrimack, NH.

Please stay tuned via our website or Facebook page for any last minute changes to the schedule.

TOPICS FOR 2024

January 16, 2024	MYTHS OF GRIEF
February 20, 2024	GRIEF & SPIRITUALITY
March 19, 2024	GRIEF, DEPRESSION & ANGER
April 16, 2024	FINDING PURPOSE & MEANING AFTER LOSS
May 21, 2024	SECONDARY LOSSES & DISENFRANCHISED GRIEF
June 18, 2024	HOPE & RESILIENCE
July 16, 2024	MEMORY MAKING & RITUALS FOR GRIEVING
August 20, 2024	FAMILY SYSTEMS IN GRIEF
September 17, 2024	STORIES OF SURVIVAL & TRANSFORMATION
October 15, 2024	REGRETS & FORGIVENESS
November 19, 2024	NAVIGATING THE HOLIDAYS WHILE GRIEVING
December 17, 2024	SELF-CARE TOOLS FOR GRIEF

If you have any questions, or want to learn more about our programming, please contact Bereavement Coordinator, Whitney Hall at 603-420-1937.