

# BEREAVEMENT

## Support Groups

Our bereavement program is based on a simple yet powerful philosophy: sharing grief together in a compassionate and supportive space provides a path for hope and renewal.



Anyone over age 18 who is grieving the death of a loved one may attend these monthly support sessions. Sessions include shared insights and grief education, group conversation, shared activities and quiet moments of meditation. This group is open to the public and no registration is required. **Journey Through Grief meets the second Tuesday of each month from 2pm-3:30pm AND 6pm-7:30pm** at 7 Executive Park Drive, Merrimack, NH\*. You may join us for either the afternoon or evening session; each session will be the same.

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

*\*Accessible parking & entrance in the rear of building; please call for details (603-420-1914).*

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## TOPICS FOR 2025

January 14, 2025	2pm & 6pm	<i>Myths of Grief</i>
February 11, 2025	2pm & 6pm	<i>Gender &amp; Personality Differences in Grief</i>
March 11, 2025	2pm & 6pm	<i>Grief, Depression &amp; Anger</i>
April 8, 2025	2pm & 6pm	<i>Finding Purpose &amp; Meaning After Loss</i>
May 13, 2025	2pm & 6pm	<i>Secondary Losses &amp; Disenfranchised Grief</i>
June 10, 2025	2pm & 6pm	<i>Hope &amp; Resilience</i>
July 8, 2025	2pm & 6pm	<i>Memory Making &amp; Rituals for Grieving</i>
August 12, 2025	2pm & 6pm	<i>Family Systems in Grief &amp; Grieving</i>
September 9, 2025	2pm & 6pm	<i>Stories of Survival &amp; Transformation</i>
October 14, 2025	2pm & 6pm	<i>Regrets &amp; Forgiveness</i>
November 11, 2025	2pm & 6pm	<i>Navigating the Holidays While Grieving - Memory &amp; Connection</i>
December 9, 2025	2pm & 6pm	<i>Navigating the Holidays While Grieving - Self Care</i>