

## BEREAVEMENT PROGRAMS

Bereavement Services from Home Health & Hospice Care are available to anyone who has experienced the death of a loved one. These services are based on a simple, yet powerful, philosophy: being able to talk about what you're feeling and finding compassionate support in that process. This is often the greatest source of solace and well-being.

### **ADULT SUPPORT GROUPS**

9-week sessions are held three times a year - winter, spring and fall. Sessions help participants receive needed support and learn more about the grief process. These adult support groups are open to anyone grieving the death of a loved one but participants must register in advance and commit to attend all sessions. There are three different adult support groups: Parent Loss Group, Spousal Loss Group, and Elder Spousal Loss Group (for participants over 65). The groups meet at our Community Hospice House in Merrimack.

### **GOOD GRIEF PROGRAMS FOR CHILDREN**

This program is for any child in elementary and middle school who is grieving the loss of a loved one. Children are encouraged to express their feelings through art projects, writing exercises, group discussions, puppet play and other age-appropriate activities. The program offers bereaved children an opportunity to develop coping skills in a safe and trusting environment with other children who are experiencing similar losses. Groups are facilitated by trained volunteers; children are grouped according to age. Sessions meet bi-weekly from September to June. Registration is required.

### **TEEN TOPICS: HIGH SCHOOL STUDENTS**

Teen Topics is a group open to teens grieving the death of someone significant in their lives. The goal of this group is to put teens in contact with others experiencing similar loss, helping them to understand that they are not alone in their grief experience. It also provides coping tools for the journey. Teens meet once a month for the academic year. Each session includes time for them to process what they are experiencing, as well as an activity such as collage, jewelry making, writing or yoga. Teen Topics meets at our Merrimack office or at a pre-arranged off site location and preregistration is required.

### **JOURNEY THROUGH GRIEF SERIES**

Anyone grieving the death of a friend or loved one may attend these monthly support sessions. At each session, different speakers share their insights about the grieving process, followed by small group discussion. The monthly topics are posted on the event calendar. The group is open to the public and no registration is required. Journey Through Grief meets the third Tuesday of each month from 6:30pm-8:00pm at 7 Executive Park Drive, Merrimack, NH 03054.

*For further information, contact our Bereavement Coordinator, Lisa Woods at 603-420-1919 or [Lisa.Woods@hhhc.org](mailto:Lisa.Woods@hhhc.org) or our Good Grief Coordinator, Cammiejean Byrd at 603-420-1914 or [Cammiejean.Byrd@hhhc.org](mailto:Cammiejean.Byrd@hhhc.org)*

## GRIEF SUPPORT GROUPS

*Winter Sessions 2019*

*Registration is required. These programs are free of charge.*

<b>SPOUSAL LOSS GROUP:</b>	Mondays at 6:30pm—8:30pm January 14th—March 11th
<b>PARENT LOSS GROUP:</b>	Tuesdays at 6:30pm—8:30pm January 22nd—March 5th
<b>ELDER SPOUSAL LOSS GROUP:</b>	Thursdays at 1:30pm—3:30pm January 10th—March 7th
<b>TEEN TOPICS: (High School Students)</b>	Monthly on a Sunday afternoon September 2018—June 2019
<b>GOOD GRIEF: (Elem. &amp; Middle School)</b>	Thursday evenings September 2018—June 2019

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### **Grandparent Legacy Day, September 2019**

(for children and teens grieving the loss of a grandparent)

### **Mother's Remembrance Day- Saturday before Mother's Day**

(for children and teens grieving the loss of their mothers)

### **Father's Remembrance Day - Saturday before Father's Day**

(for children and teens grieving the loss of their fathers)

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