

GRIEF SUPPORT GROUPS

Fall 2019

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 can be a 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).

SUPPORT GROUP SCHEDULES

SPOUSAL LOSS GROUP:	Mondays at 6:30pm—8:30pm September 16th—November 11th
PARENT LOSS GROUP:	Wednesdays at 6:30pm—8:30pm September 25th—November 13th
ELDER SPOUSAL LOSS GROUP:	Thursdays at 1:30pm—3:30pm September 19th—November 21st

Registration is required to attend. These programs are free of charge.

For further information, contact our Bereavement Coordinator, Lisa Woods at 603-420-1919 or Lisa.Woods@hhhc.org