

## GRIEF SUPPORT GROUPS

Winter 2021

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).

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## WINTER SUPPORT GROUP SCHEDULES January through March

<b>SPOUSAL LOSS GROUP:</b>	Mondays 6:30pm—8:30pm Jan. 18th through March 15th
<b>PARENT LOSS GROUP:</b>	Tuesdays 6:30pm—8:30pm Jan. 26th through March 9th
<b>ELDER SPOUSAL LOSS GROUP:</b>	Thursdays 1:30pm—3:30pm Jan. 14th through March 11th

*Registration is required to attend. These meetings are held virtually and information to access will be provided upon registration. These programs are free of charge.*

*For further information, contact our Bereavement Team at 603-420-1919.*