

Adult Parent Loss Zoom Support Group



Participation in a support group has been shown to be one of the best ways to help those grieving a significant loss. People who have experienced similar losses are brought together in an environment of safety to share their experiences and offer support to each other. During the pandemic, many of the rituals of loss and usual supports during grief were unavailable. These circumstances can make losing a beloved parent even more challenging.

- This group is currently forming and will meet for 8 sessions on Mondays, from 6:00-7:30pm. Tentative start date is May 17.
- Pre-registration and an intake interview are prerequisites to attend the group.
- Funding for our bereavement program entirely by donations. A \$10 donation per session is requested. No participant will be turned away due to an inability to pay.

For more information contact:

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