

Zoom Support Group

For those who have lost a spouse or life partner



Many people are unprepared for the challenges they have to face after the loss of a beloved life partner. A bereavement support group is designed to provide a supportive environment in which you can understand the impact grief has on your life, learn ways to cope with the loss, and begin to look toward the future with purpose and meaning.

- This 10-session group starts Monday, December 13 and runs from 6:00 – 7:30. Meetings are held the following dates: December 13, 20, 27, January 3, 10, 24, 31, February 7 and 14 with a follow-up date to be determined.
- An intake interview is a prerequisite to participate in all groups.
- All group meetings are held via zoom in December with a possible option for in-person meetings in the New Year.
- Although a fee is not charged for participation in the group, our bereavement program runs primarily on donations and grants. Your support is deeply appreciated. A \$10.00 donation per session is recommended.

For more information, please call:

Kim Gordon, LMHC, CT. (914) 682-1484, (ext. 163)

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