

## Support Group

For those who have lost a spouse or life partner

Starting in September 2022



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 and begin to look toward the future with purpose and meaning.

- This 10-session **in person** group is starting on September 12<sup>th</sup>. This is a daytime spouse/partner loss group to be held in our office in White Plains.
- The group meets on Mondays from 11:00 -12:30. The dates of our group meeting are: Sept. 12, 19, 26, Oct. 3, 10, 17, 24, 31, Nov. 7 and 14<sup>th</sup>.
- An intake interview is a prerequisite for participation.
- Although there is no fee for the group, a donation of \$10 per session is requested if possible. Our bereavement program is funded solely by donations.

For more information or to schedule an assessment please contact:

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