

Support Group

For those who have lost a spouse or life partner

Spring 2023



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 **in person** group is planned to start in March. This is a daytime spouse/partner loss group held in our office. The group will be held on Tuesdays from 1:00 - 2:30 and will meet March 21, 28, April 4, 11, 18, 25, May 2, 9, and 16, with a final meeting to be determined.
- Please call to be put on a waitlist if you are interested in participating.
- An intake interview is a prerequisite for participation.
- Meetings will be held in our office in White Plains.
- 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 about our Spring Support Group please contact:

Kim Gordon (914) 682-1484 (ext. 163)

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