

Support Group

For those who have lost a spouse or life partner

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

- This 10-session **in person** group is starting on October.
- This is a daytime spouse/partner loss group to be held in our office in White Plains.
- The group will be held on Tuesdays from 1:00 - 2:30 and will meet on October 17, 24, 31, November 7, 14, 21, 28 and December 5, 12, 19.
- Please call if you are interested in participating.
- 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 about our Fall Support Group
please contact
Kim Gordon, 914-682-1484 ext. 163**

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