

Support Group

For those who have lost a spouse or life partner

Winter 2024



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 **in-person** group is planned to start on February 6th. 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 February 6, 13, 20, 27, March 5, 12, 19, 26, April 2 and 9th.
- Please call to schedule an intake interview if you are interested in participating.
- 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 Winter Support Group please contact:

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

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