

FALL 2019
BEREAVEMENT SUPPORT GROUPS

Afternoon:

Mondays, 1:00 to 2:30 pm

September 23 to November 4

(We will not meet on Columbus Day)

**Location: Epping Regional Health Center,
212 Calef Highway (Route 125), Epping, NH**

Evening:

Tuesdays, 5:30 to 7:00 pm

September 24 to October 29

Or

Wednesdays, 5:30-7:30 pm

September 25 to October 30

**Location: 4 Alumni Drive, Exeter, NH
(New Office Space of RVNA & Hospice)**

These six-week interactive support groups will explore the grieving process and provide an opportunity for members to meet in a safe, supportive environment and share with others who are coping with the loss of a loved one.

Monthly Drop-In Grief Support Group also available on the 3rd Monday of every month from 3-4:30 pm at Epping Regional Health Center.

Groups are free and open to the public. Minimum enrollment is 4 participants.

To register, please call Jane Oldfield-Spearman or Martha Carlson at:

603-772-2981