



ROCKINGHAM VNA & HOSPICE

an exeter health resource

| The Art of Wellness

“Father’s Day Without Dad” **A One Day Grief Support Workshop**

Details:

We are here to support you during this time of remembrance. Gather together with others who are also feeling the absence of dad during this Father’s Day holiday.

Join us for this one-day grief support workshop, where we will discuss the phases and cycles of grief, and share ways to memorialize, honor and celebrate your father’s memory. Each group member will receive grief support resources and information to continue with next steps for healing through this loss.

When: Friday, June 16th, 2023

Time: 1:00pm – 2:30pm

Where: Exeter Hospital campus, 4 Alumni Drive
Conference Rooms 1A and 1B

****REGISTRATION IS REQUIRED TO JOIN ****

To register please contact:

**Hillary Coughlin, Hospice Bereavement Coordinator at
(603) 660-4528**

**All groups and workshops are free and open to the public and
minimum enrollment is 4 participants.**