

SPRING, 2020
BEREAVEMENT SUPPORT GROUPS

Morning:

Tuesdays, 10:30 am - 12:00 pm

April 14th to May 19th

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

Evening:

Thursdays, 6:00 - 7:30pm

April 16th to May 21st

**Location: 4 Alumni Drive, Exeter, NH
(On the campus of Exeter Hospital)**

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

Monthly Drop-In Grief Support Groups also available on the 3rd Monday of every month from 3-4:30 pm at Epping Regional Health Center and on the 2nd Tuesday of every month from 6:30-8:00 pm at 4 Alumni Drive, Exeter.

All 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