

Monthly Drop-In Grief Support Group

To be held
The 3rd Monday of every month
3:00-4:30 pm

Location:
Epping Regional Health Center
212 Calef Highway (Route 125) Epping
Use Exit 7 from Route 101 and turn north on Route 125.
Located approximately 250 yards north
of the traffic signal at the intersection of Routes 27 and 125.

This drop-in bereavement group is for those interested in exploring the grieving process in a safe, supportive environment. Sessions are free and participants are not expected to make a commitment to attend on a regular basis. Rockingham VNA & Hospice also offers weekly support groups that meet for 6-week sessions in the fall, winter, and spring.

For more information call:
Jane Oldfield-Spearman or Martha Carlson
603-772-2981