

Drop-In Grief Support Groups

AFTERNOON in Epping:

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

Location:

Epping Regional Health Center

212 Calef Highway (Route 125) Epping, NH

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.

EVENING in Exeter:

The 2nd Tuesday of every month
6:30-8:00 pm

Location:

4 Alumni Drive, Exeter, NH

On the campus of Exeter Hospital. Parking is found in a lot beyond the hospital parking garage, directly in front of the Wound Center West Office Entrance.
Meetings are held in Conference Room 1B.

These drop-in bereavement groups are 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 at 603-772-2981