

# GRIEF SUPPORT GROUP

## ABOUT

With the increasing demand for therapy, waitlists for therapeutic services are growing. St. Joseph Hospital recognizes that gap, and has partnered with the YMCA to provide in-person support groups hosted by two licensed social workers. The goal of these groups is to promote healing and empowerment. This Grief Support Group is open to the general public. You do not need a YMCA membership to attend, and there is no registration required. It will be held in the well-being room at the Nashua YMCA.

## TOPICS OF DISCUSSION

- Support based conversations after loss of a loved one
- Ways to remember your loved one
- Different coping techniques
- When to recognize warning signs that require more medical attention
- Self care including relaxation technique and different forms of exercise

## JANUARY

- January 3rd, 10:15am to 11:15am
- January 17th, 10:15am to 11:00am
- January 20th, 10:15am to 11:15am

## FEBRUARY

- February 7th, 10:15am to 11:15am
- February 17th, 10:15am to 11:00am
- February 21st, 10:15am to 11:15am

## MARCH

- March 6th, 10:15am to 11:15am
- March 16th, 10:15am to 11:00am
- March 20th, 10:15am to 11:15am



If you have any further questions about this group or additional services that St. Joseph Hospital has to offer, contact:

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