

# 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

## APRIL

- April 3rd, 10:15am to 11:15am
- April 17th, 10:15am to 11:15am
- April 25th, 5:00pm to 6:00pm

## MAY

- May 1st, 10:15am to 11:15am
- May 15th, 10:15am to 11:15am
- May 30th, 5:00pm to 6:00pm

## JUNE

- June 5th, 10:15am to 11:15am
- June 19th, 10:15am to 11:15am
- June 27th, 5:00pm to 6:00pm

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

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