



GRIEF SUPPORT GROUP

ABOUT

With the increasing demand for therapy, waitlists for therapeutic services are growing. St. Joseph Hospital recognizes this gap and has worked to provide an in-person peer support group for those who have experienced the loss of a loved one.

The goal of these groups is to promote healing and empowerment. Open to the general public, no pre-registration is required for this free support group. It will be held in the Atrium Conference Room at St. Joseph Hospital, located on 172 Kinsley Street in Nashua, NH.

TOPICS OF DISCUSSION

- Support based conversations after the loss of a loved one
- Ways to remember your loved one
- Different coping techniques
- When to recognize warning signs that may require more medical attention
- The importance of self-care while you are grieving

NOVEMBER

- 11/6/24, 11:00am to 12:00pm
- 11/20/24, 11:00am to 12:00pm

DECEMBER

- 12/4/24, 11:00am to 12:00pm
- 12/17/24, 11:00am to 12:00pm

ADDITIONAL

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

Tara Collins, MS
Mission Integration
tacollins@sjnhn.org



**ST. JOSEPH
HOSPITAL**

A Member of Covenant Health