



# 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

- 12/14/24, 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:

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