



# 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.

- Open to the general public
- No pre-registration required
- Held in the Lower Atrium Conference Room at St. Joseph Hospital (172 Kinsley Street in Nashua, NH)

## DISCUSSION TOPICS

- 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

## 2025 DATES

- November 18th, 11:00 am
- December 16th, 11:00 am
- January 20th, 2026, 11:00 am
- February 17th, 2026, 11:00 am
- March 17th, 2026, 11:00 am
- April 21st, 2026, 11:00 am
- May 19th, 2026, 11:00 am
- June 16th, 2026, 11:00 am



## ADDITIONAL INFORMATION

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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**ST. JOSEPH  
HOSPITAL**  
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