

## **Bereavement Support Group**

Thank you for allowing us to partner with you in the care of your loved one. Please join us as we continue the conversation about grief through our Bereavement Support Group.

*\*\*If you have experienced the death of a loved one recently, we invite you to attend our Bereavement Support Group. We will meet twice monthly to discuss relevant topics, followed by time for networking and sharing. Each group will run for three months at a time, with an opportunity to develop a breakout group for those with longer-term bereavement needs. Please call to register, Randi Bellemare at 203-841-8607. Feel free to leave a message. Sign-ups are requested, as light refreshments will be served.*

**Place: Village at East Farms  
180 Scott Road, Waterbury, CT 06705**

- **March 9, 2023, 4:00-5:30 pm; General Tips for Healthy Grieving**
- **March 23, 2023, 4:00-5:30 pm; Self-Care, Including Meditation and Reflection**
- **April 13, 2023, 4:00-5:30 pm; Spirituality on Your Grief Journey**
- **April 27, 2023, 4:00-5:30 pm; Alternative Therapies to Assist in Coping**
- **May 11, 2023, 4:00-5:30 pm; Regaining Balance and Developing Resilience**
- **May 25, 2023, 4:00-5:30 pm; Support of Friends and Social Networks**
- **June 8, 2023, 4:00-5:30 pm; Letting Hope In**