

Grief & Bereavement Support Group

a program for adults who have experienced the death of family member or friend. The group provides an opportunity to share experiences and ways to cope with grief, as well as support from others who understand the impact of losing a loved one.

Questions? Call Mary Peitler at 860-354-2216.

"Just being able to express my sadness with others who are going through the same thing is such a comfort. I receive a lot of encouragement and support from the group."



"Being in a safe, comfortable environment with others who have suffered a loss has been such a good thing for me. I am so glad I decided to attend that first group!"

Thursdays: 1st and 3rd of each month. 7PM - 8:30PM
NMVNA & Hospice Office, 68 Park Lane Road (Route 202) New Milford, CT

Group led by Bob O'Keefe, ACSW, LCSW



This free program is made possible by generous donations made to NMVNA & Hospice.