

# Concord Regional Visiting Nurse Association *Grief Support Groups*

## Adult - Evenings:

Wednesdays, 6:00 pm - 7:30 pm

February 1 - March 21, 2012

### **Heritage Heights**

149 East Side Dr. Concord

## Adult - Mornings:

Thursdays, 10:30 am - 12 pm

March 15 - May 3, 2012

### **Bow Mills United Methodist Church**

505 South St. Concord



Trained Grief Facilitators provide grief support and education for adults who have had a recent loss. The group size is limited to 12 participants and sessions are free. Pre-registration is required for the eight week groups.

## Men's Grief Discussion Groups

Meets the 2<sup>nd</sup> and 4<sup>th</sup> Thursday of the month from 9:00 am - 10:00 am

"Drop-in" No pre-registration is required

### **Concord Regional VNA Hospice House**

250 Pleasant Street Concord

## **\*NEW\*** Helping Hands, Healing Hearts: Day Session for Children and Families

March 24, 2012 9:00 am - 2:00 pm

### **Penacook Community Center**

76 Community Dr. Penacook

Designed for children (ages 6-17) and families who have experienced the death of a loved one. Trained Hospice staff and volunteers will provide opportunities for families to explore the impact of grief on their lives and learn various ways to cope with loss. Pre-registration is required.

**For more information or to register, call (603) 224-4093 ext. 2828 or [Sarah.Gilman@crvna.org](mailto:Sarah.Gilman@crvna.org)**