## Living with Loss: Bereavement Support Group

## You Are Not Alone

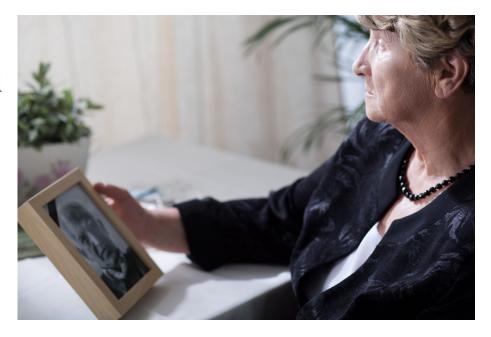
Being part of a grief group can be an important step in healing and finding comfort after the death of a loved one.

Held every Friday

10:00 a.m. – 11:00 a.m.

## **Session Topics May Include:**

- Handling the Holidays
- What to do with your loved ones possessions
- Meaningful rituals –
   How to say goodbye
- Establishing memorials
- Handling co-workers and family members dealing with depression



The Bereavement Support Group is a group that offers support to participants who have gone through a loss of a spouse, family member or friend and want to share their experience in a safe and supportive environment. The group is led by a trained mental health professional from Telecare Corporation in Norwalk.

Sponsored by:

