

# Ensuring You Are Not Alone In Your Grief

**NOW OFFERED ONLINE**

## **LOSS OF A SPOUSE/PARTNER**

Mondays 2:00pm - 3:00pm & 6:00pm - 7:00pm

Tuesdays 2:00pm - 3:00pm

Thursdays 2:00pm - 3:00pm

Fridays 2:00pm - 3:00pm

Meetings will be open and ongoing

## **LOSS OF A PARENT (18 AND UP)**

Thursdays 5:00pm - 6:00pm

Fridays 3:00pm - 4:00pm

Meetings will be open and ongoing

**Special sessions are available upon request**

Helping Children With Loss: 5 week program to Help  
Parents and Caregivers of Children Deal with Loss  
Grief Recovery Session: 8 week group with limited  
seating which helps grievers take steps to resolve their  
unresolved grief.

**ALL GROUPS will be held via Zoom**  
**Registration is required**

To register, please contact  
Sharon at: 732-491-7277

Support Groups are offered by the  
VNAHG Bereavement Dept.

Meetings are run by Sharon Coyle-Saeed, MSW, LSW, Advanced  
Grief Recovery Specialist and Trained in Prolonged Grief Disorder

