Living Through Grief

## 8-week Educational Bereavement Zoom Support Group

## Tuesdays, November 1st – December 20th

## 11:30am-12:30pm

Living Through Grief is an educational group that will run for 8 consecutive weeks. In these meetings, we hope you find the answers you seek in understanding your grief journey. This group will foster a safe place for learning and exploring some difficult topics. The group will provide a sense of community through the common bond of grief.

Week One: 11/1

Common Grief Reactions

Week Two: 11/8

Guilt, Anger, and Denial

Week Three: 11/15

Anxiety and Depression

Week Four: 11/22

Holidays, Anniversaries and Special Occasions

Week Five: 11/29

Loneliness

Week Six: 12/6

Triggers

Week Seven: 12/13

Love and Relationships

Weeks Eight: 12/20

Mindfulness and Self-Care

SCHEDULE

* Group is open to any loss
* Each week will discuss specific topics related to the grief process
* Must pre-register in order to join
* Group will be capped at 20 participants. If the group is full, you will be added to the waitlist for the 2023 sessions.

Please contact Erica or Sonia to register:

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