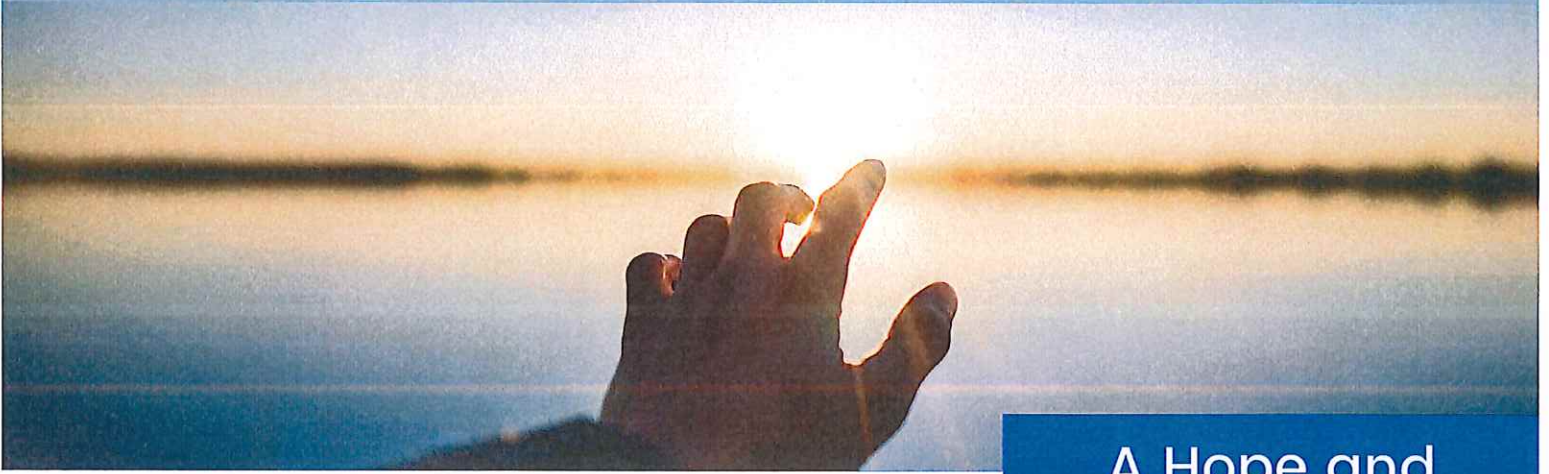


# Ocean County VNAHG Grief Support



## Location

Support meetings for Ocean County are currently being held virtually via the Zoom application on your computer, tablet, or smartphone. Meetings can also be accessed by simply making a telephone call for those without access to the Zoom Application.



**To Register, please contact  
Erica Forsythe, MSW, LSW,  
ACHP-SW, VNAHG  
Bereavement Counselor at  
732-956-1538  
or by email  
Erica.Forsythe@vnahg.org**

## More Info

In these meetings, you will find a sense of community through the common bond of loss. Each group will be a safe place for members to share their feelings and experiences as well as provide support to your peers. These groups will also provide some education on the grief journey. Support sessions are free and open to the public. Pre-registration is required.

## A Hope and Healing Journey Through Grief

This is an ongoing support group for those grieving the loss of a spouse or significant other.

### Sessions Available

**Alternate  
Mondays  
1:00pm - 2:30pm**

**&**

**Alternate  
Wednesdays  
1:00pm - 2:30pm**