

VNA HEALTH GROUP/BARNABAS HEALTH HOSPICE BEREAVEMENT SEMINARS & GROUPS

Bereavement Group	Date	Time	Bereavement Counselor	Contact Information
Loss of a Spouse	Monday Wednesday Thursday Saturday	6:00 – 7:00 p.m. 3:00 – 4:00p.m. 2:00 – 3:00 p.m.(full) 3:00 – 4:00 p.m.(full) 10-11 a.m.	Sharon Coyle-Saeed, LSW	Sharon.Coyle-Saeed@vnahg.org 732-491-7277
Loss of a Parent	Thursday	4:00 – 5:00 p.m.	Sharon Coyle-Saeed, LSW	Sharon.Coyle-Saeed@vnahg.org 732-491-7277
Caregivers Group	Tuesday	4:00 – 5:00 p.m.	Sharon Coyle-Saeed, LSW	Sharon.Coyle-Saeed@vnahg.org 732-491-7277
Grief and Spirituality	Tuesday	5:00 – 6:00 p.m.	Sharon Coyle-Saeed, LSW	Sharon.Coyle-Saeed@vnahg.org 732-491-7277
Understanding Grief	Second Wednesday of the month	2:00 – 3:00 p.m.	Sharon Coyle-Saeed, LSW	Sharon.Coyle-Saeed@vnahg.org 732-491-7277
Loss of a Child	Wednesday	5:00 – 6:00 p.m.	Sharon Coyle-Saeed, LSW	Sharon.Coyle-Saeed@vnahg.org 732-491-7277
Military Grief	Wednesday	1:00 – 2:00 p.m.	Sharon Coyle-Saeed, LSW	Sharon.Coyle-Saeed@vnahg.org 732-491-7277
The Grieving Body	Sunday	10-11 a.m.	Sharon Coyle-Saeed, LSW	Sharon.Coyle-Saeed@vnahg.org 732-491-7277
Reading and Writing Your Grief	Monday Tuesday	5-6 p.m. 2-3 p.m.	Sharon Coyle-Saeed, LSW	Sharon.Coyle-Saeed@vnahg.org 732-491-7277
Ladies Who Lunch: Female Spousal	Thursday	12:00 – 1:30 p.m.	Erica Forsythe, LSW	Erica.Forsythe@vnahg.org 732-956-1539

Grief Journey <i>A Mindful Approach</i>	1st Thursday of the month	11 a.m.-12 p.m.	Kaitlyn McNerny, LCSW	Kaitlyn.McNerny@vnahg.org 732-962-2735
Loss of a Spouse*	Every Other Thursday 9/10/26- 12/17/26	12:30– 2:00 p.m.	Kaitlyn McNerny, LCSW	Kaitlyn.McNerny@vnahg.org 732-962-2735

***This group is held in person at the Toms River Office. All other seminars/groups are via Zoom.**

All seminars and groups are open to community members.