



Lake Sunapee Region
VNA & HOSPICE



Grief Support for Widows

Lake Sunapee VNA now offers two virtual support groups for widows.

Newly Bereaved Widows Group

For women who have experienced the loss of their husband within the last year.

***2nd and 4th Thursday of every month
10:00 – 11:00 am***

Widow to Widow Group

For women in all stages of grief. Newly bereaved widows are welcome at this group as well, especially if they are feeling the need for more frequent support.

***First Monday of every month
3:30 – 5:00 pm***

Both groups provide an opportunity for women to come together in a safe place of compassion and confidentiality. Attend once, multiple times or as needed.

*If interested, email your contact information to **egantner@lakesunapeevna.org** and a member of the Lake Sunapee VNA bereavement team will call you with further details.*

603.526.4077
LakeSunapeeVNA.org