



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.*

***Third 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](mailto:egantner@lakesunapeevna.org)** and a member of the Lake Sunapee VNA bereavement team will call you with further details.*

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