

# Lake Sunapee VNA - 2019 Bereavement Support

RSVPs requested by calling 603-526-4077

## Widow to Widow

*Gather with other women to learn about the grieving process and embrace a new chapter in your life.*

An ongoing group held on the **first Monday of each month** (unless otherwise noted)

Jan 7, Feb 4, Mar 4, Apr 1, May 6, Jun 3, Jul 1, Aug 5, Sep 9, Oct 7, Nov 4, Dec 2

10:00 am – 12:00 pm, Lake Sunapee VNA, 107 Newport Road, New London

## Where's the Love?

*This program will invite dialogue and discussion around the loss of not just our loved one physically, but the emotional and spiritual needs to give and receive love. Explore together how to express our human desire to love.*

**Monday, February 11**

4:30 – 5:30 pm, Howe Library, 13 South Street, Hanover

## Embracing Absence

*A one-time grief session for widows and widowers, this is a chance to share with others who may understand the feelings of loss and often loneliness.*

**Monday, April 29**

4:30 – 5:30 pm, Howe Library, 13 South Street, Hanover

## Threads of Hope

*This six-session bereavement support experience centers around a little book with very large healing potential as we journey through 12 questions asked by many grieving people and learn to respond to these questions in helpful ways.*

**Wednesdays: May 1, 8, 15, 22, 29, June 5**

4:00 – 5:30 pm, Newport Health Center Community Room, 11 John Stark Highway, Newport

## Yoga, Meditation and Grief

*This program will be facilitated by Spiritual Care Counselor and Registered Yoga Teacher, Mary Greenwood, to examine how the ancient system of yoga can be utilized as a coping tool for the grief process.*

**Monday, August 12**

4:30 – 5:30 pm, Lake Sunapee VNA, 107 Newport Road, New London

## I'm Still Your Parent: Grieving the Loss of a Child of Any Age

*This session will focus on sharing the grief parents (and other significant adults) experience when adjusting to the death of a child of any age.*

**Wednesday, October 2**

5:00 – 6:30 pm, TLC Family Resource Center, 109 Pleasant Street, Claremont

## Time of Remembrance

*A gathering to remember and honor the lives of loved ones we have lost over the past year.*

**Wednesday, November 6**

5:30 pm, Sugar River Bank Community Room, 10 North Main Street, Newport

## Handling the Holidays After a Loss

*Learn proactively to plan and maneuver through major holidays after a loss.*

REV. 12.18.19-2

**Wednesday, December 4**

12:00 – 1:00 pm, Newport Health Center Community Room, 11 John Stark Highway, Newport

If you have a specific bereavement need or interest that is not being met through the sessions listed above, please let us know. If there is enough interest, we are open to providing additional bereavement resources. Lake Sunapee VNA staff are also available to provide one-on-one bereavement support for people that might not be comfortable in a group setting. Call 603-526-4077 for more information.



107 Newport Road • New London, NH 03257 • LakeSunapeeVNA.org  
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