

Virtual Grief Support

A safe place of compassion and confidentiality

Recently Bereaved Group

For men and women who have experienced the loss of their spouse within the last year.

2nd & 4th Thursday of every month; 10:00-11:00 am

Widow to Widow Group

For women in all stages of grief following the loss of their spouse.

1st Monday of every month; 3:30-5:00 pm

Bereavement Check-in Group

For men and women experiencing a loss of any kind.

3rd Wednesday of every month; 4:00-5:00 pm

Attend once, multiple times or as needed.

If interested, contact Elizabeth Gantner at

egantner@lakesunapeevna.org



Lake Sunapee Region
VNA & HOSPICE

LakeSunapeeVNA.org