

# ***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***

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](mailto:egantner@lakesunapeevna.org)***



Lake Sunapee Region  
VNA & HOSPICE

LakeSunapeeVNA.org