Bereavement Support Groups

SUPPORT GROUPS FOR GRIEVING INDIVIDUALS

Offered by Visiting Nurse & Hospice of Fairfield County and
Waveny LifeCare Network

LOSS OF SPOUSE

Tuesdays, October 25 to November 29, 7—8:30pm via zoom with Sheila Russo, LCSW, Certified Grief Counselor

Wednesdays, October 26 to November 30, 11:00am—12:30pm in person with Sheila Russo, LCSW, Certified Grief Counselor

Mondays, November 7 to December 12, (ages 35-65), 7—8:30pm via zoom with Maribeth Payne, M Div

Fridays, November 11 to December 23 (skipping 11/25), 1—2:30pm via zoom with Stephanie Shaughnessy, MSW

LOSS OF PARENT

Tuesdays, November 8 to December 13 (skipping 11/22), 7:30—9pm via zoom with Meghan Cioffi, MSW

LOSS OF A LOVED ONE

Wednesdays, November 2 to December 21 (skipping 11/23), 2:00—3:30pm in person with Rabbi Daniel Sklar

LOSS AND CHANGE

Wednesdays, November 2 to December 21 (skipping 11/23), 7:15—8:45pm in person with Betsy Perry, RN

COPING WITH GRIEF DURING THE HOLIDAYS

Mondays, December 5 and 12, 11am—12:30pm with Sheila Russo, LCSW, Certified Grief Counselor

Mondays, December 5 and 12, 7—8:30pm with Sheila Russo, LCSW, Certified Grief Counselor

For more information about Bereavement Support or about Visiting Nurse & Hospice of Fairfield County, please visit us online at www.visitingnurse.net or follow us on Facebook.

These support groups are offered free of charge by Visiting Nurse & Hospice of Fairfield County and will be held in person and via Zoom. In person groups will be held at VNHFC, 22 Danbury Road, Wilton.

Please contact Stephanie Shaughnessy at 203-834-6341, extension 316 or sshaughnessy@visitingnurse.net to pre-register for the support groups. You will receive an email with the Zoom link when applicable.

Waveny LIFECARE NETWORK

Visiting Nurse & Hospice of Fairfield County
a member of Waveny LifeCare Network