

# Bereavement Support Groups

## SUPPORT GROUPS FOR GRIEVING INDIVIDUALS

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

### LOSS OF SPOUSE

Fridays, April 28 to June 9, 1:00–2:30pm via zoom with Stephanie Shaughnessy, MSW

Mondays, April 24 to June 28, 7–8:30pm via zoom with Maribeth Payne, M Div

Tuesdays, April 25 to June 28, 7–8:30pm via zoom with Sheila Russo, LCSW, Certified Grief Counselor

### LOSS OF PARENT

Tuesdays, May 30 to August 15, 7:30–9pm via zoom with Meghan Cioffi, MSW

Mondays, May 1 to June 19, 6:30–8pm via zoom with Stephanie Shaughnessy, MSW

### LOSS OF A LOVED ONE

Wednesdays, April 26 to June 28, 2:00–3:30pm in person with Rabbi Daniel Sklar

Wednesdays, April 26 to June 28, 11:00am–12:30pm in person with Sheila Russo, LCSW, Certified Grief Counselor

### LOSS AND CHANGE

Wednesdays, April 26 to June 28, 7:30–9:00pm in person with Betsy Perry, RN

### CARING FOR THE CAREGIVER

Mondays, April 24 to June 28, 1:00–2:30pm in person with Maribeth Payne, M Div

For more information about Bereavement Support or about Visiting Nurse & Hospice of Fairfield County, please visit us online at [www.visitingnurse.net](http://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 Johnny Pita, ThD., Volunteer and Bereavement Coordinator at 203-762-8958, extension 316 to pre-register for the support groups. You will receive an email with the Zoom link when applicable.

