

Coping with Grief During the Holidays

For anyone concerned about managing their grief as the holiday season approaches.

This mini-series will help you identify stressors, normalize your concerns, and provide strategies to cope and thrive.

The value of a group is to provide a safe, comfortable place to explore your grief concerns and share with others who understand.

First series: November 3 and 10 (Thursdays)

Second series: December 5 and 12 (Mondays)

Please contact Stephanie Shaughnessy at 203-834-6341, extension 316 or sshaughnessy@visitingnurse.net to pre-register for the support group.