



"Grief does not change you. It reveals you" ~John Green, *The Fault in our Stars*.

# Hospice of Northeastern Connecticut

## *Bereavement Support Groups*

We are all touched by grief at some point in our lives. Please join our bereavement groups as we share or simply listen to others who may have similar feelings & struggles, keeping in mind that we all grieve in our own way and in our own time.

You are not alone, we understand and we support you. These free support groups are for adults age 21 and over who have experienced the death of a loved one. Hosted by Hospice and Palliative Care of Northeastern Connecticut.

**Registration required for all groups. For the most up-to-date information and to register, contact the hospice office at (860) 928-0422 ext. 7316. Groups may be canceled due to inclement weather; registered participants will be notified in advance.**

### Adult Bereavement Day Group

**When:**

First Wednesday of the Month  
Noon - 1:00 p.m.

**Where:**

Putnam Congregational Church  
175 Main Street, Putnam, CT

*\*Please enter through the Livery Street entrance at the back of the church.*

### Walk, Talk and Social Support

**When:**

Second & Fourth Wednesday of the Month  
11:00 a.m. - noon

**Where:**

Roseland Park  
205 Roseland Park Road, Woodstock, CT

*\*Walk along the water and paved walking paths weather permitting. Bereavement walks provide an opportunity to gather with others who have lost a loved one and are experiencing grief.*

*This group offers a supportive space to walk, talk, and share while receiving fresh air and gentle exercise. There is no charge to participate, and walkers may join at any time - attendance at all walks is not required.*

### Adult Bereavement Evening Group

**When:**

Third Wednesday of the Month  
4:00 p.m. - 5:00 p.m. (December - March)  
5:00 p.m. - 6:00 p.m. (April - November)

**Where:**

Christ Church  
527 Pomfret Street, Pomfret, CT