

SUPPORT SERVICES

Suffolk Y JCC

BEREAVEMENT Support Groups



All groups meet for **eight sessions**, weekly unless otherwise noted

led by mental health professionals.

Advance registration and payment are required.

Groups form throughout the year, conditional upon minimum enrollment.

Fee: \$120 | Member Discounted Fee: \$96

Pre-screening required for new participants.

To register:

CLICK HERE

For help with registration call:
631.462.9800, x0

Widows & Widowers **SUPPORT GROUP**

Those who have recently experienced the death of a spouse can work through grief, examine feelings, and discover inner strengths—all within a caring and supportive setting.

Meets Mondays, **February 14-April 4, 2022** | 6:30-7:45 pm

NEXT STEPS

for Widows & Widowers Many participants choose to continue in a group setting. With this support group, individuals take steps toward new routines and activities, even as they continue to grieve.

Meets Wednesdays, **February 16-April 6, 2022**

Two options: 3:30-4:45 pm or 6:30-7:45 pm

MOVING FORWARD

for Widows & Widowers For those who have completed one or more *Next Steps* groups, *Moving Forward* addresses ongoing social and emotional challenges.

Please note: this group meets every other week.

Meets Tuesdays, **February 15-May 24, 2022** | 6:30-7:45 pm

Adult Children **GRIEVING A PARENT**

For those who, as adults, have experienced the death of a parent or parents. Participants will have the opportunity to share personal experiences, process ongoing grief, and explore coping techniques, all within a supportive environment of peers and leader.

Meets Thursdays, **February 17-April 7, 2022** | 6:30-7:45 pm

Questions? Contact Sheila Goloboy, LMSW, 631.462.9800, x151 | sgoloboy@syjcc.org