

# 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](mailto:sgoloboy@syjcc.org)