

Loss of Spouse or Partner **Bereavement Group**

Grief is a journey with detours, straightaways, starts and stops. While no two grieving journeys are the same, those who have experienced a similar loss often have valuable advice, helpful insights, or a different outlook to share. Find a sense of hope and belonging, while moving through your grief journey. Led by two experienced mental health professionals, the group will provide you with some valuable tools to better cope with your loss.

Tuesdays — 5:30 to 7:00 p.m.

**January 23, January 30, February 6,
February 13, February 20, February 27,
March 5, and March 12**

Location — Equality Mental Health

**852 Kinderkamack Road, Second Floor,
River Edge, New Jersey 07661**

**Cost — Insurance Accepted or Private Pay,
pre-registration is required**

**Please call (201) 885-3522 for
further information and to register.**

