



# Virtual Bereavement Support Group



For those who have lost a loved one to long-term illness.

**We are here for you.**

- This is a support and educational group for those that have lost a loved one due to cancer or other long term illness
- This is a space to discuss the grieving process through education and support
- This is a place to learn about the stages of grief and how to cope with them
- This is a safe place to share your personal experiences and feelings with others who have lost a loved one
- This is a place where you can learn ways to cope with the loss and learn to heal
- This is a place to gain knowledge about other available resources to help you deal with your loss
- This is a place to discuss how loss may be compounded by COVID

This is a professionally led group which is offered to all in the community. Limited attendees allowed.  
Future groups to be scheduled.

**Group dates: March 10, 17, 24, 31 and April 7, 14, 21 and 28 from 5:30-7:00pm.**

This virtual group is through WebEx and participants must be willing to download this application to attend.  
Please call to be given access code and confirmation of space in the group.

\*\*For more information or to register call: 973-625-6176 or email [BrandyJohnson@primehealthcare.com](mailto:BrandyJohnson@primehealthcare.com)



Saint Clare's Health