

# **Bereavement Support Services**

## Fall 2022 Calendar

## **Hope for the Holidays**

Wednesday, November 2 5:30pm – 7:30pm

#### **Bereavement Seminar:**

Understanding and Managing Grief: "How long am I going to feel like this?"

Wednesday, December 14 9:30am – 11:30am

### **Bereavement Support Groups:**

Tuesdays (November 1 – December 6) General Bereavement Support Group 5:30pm – 7:00pm Wednesdays (November 2 – December 7) General Bereavement Support Group 9:30am – 11:00am

All programs will be held on ZOOM

To register please call:

Andrea Lucibello, LCSW 203-688-0726 Kelly Ford, LCSW 203-789-4286