



## Grief & Bereavement Support Group Schedule 2019

*Free support group open to the public*



"... perhaps the most compassionate thing you can do for yourself at this difficult time is to reach out for help from others... Sharing your pain with others won't make it disappear, but it will, over time, make it more bearable." - Alan Wolfelt

The group focuses on learning together about coping with grief, with the intention of receiving and offering support through the sharing of personal experiences.

Our goal is to provide a safe and supportive environment for exploring the changes brought to our lives by the death of a loved one. We request that what takes place in the group stays within the group, and that this will be a safe and non-judgmental space. Everyone will be given the opportunity to speak if they choose.

**Monday Evening**  
**(Second Monday of the Month)**  
**6:00pm to 7:30pm**  
**Location: CVHHH Main Office**

January 14  
February 11  
March 11  
April 8  
May 13  
June 10

**Wednesday Morning**  
**(Third Wednesday of the Month)**  
**10:00am to 11:30am**  
**Location: CVHHH Main Office**

January 16  
February 20  
March 20  
April 17  
May 15  
June 19

**Healing Rhythms** Explore grief through drums and rhythm in a safe and supportive environment. No drumming experience necessary. **7-week session begins April 2019.** See reverse for full schedule and details.

**Journaling Through Grief** Explore your grief through journaling. Please call Diana Moore for details. **Next session begins March 2019.**

**Other Offerings** For more information about any of our offerings, contact Diana Moore at 802-224-2241.



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## Healing Rhythms | Drumming Through Grief

**What?** This experiential group is for those who are grieving the loss of loved ones and yearn for a creative, physical outlet. We will use drums to express grief, individually and collectively, within a safe and supportive structure. No previous drumming experience is necessary.

Bring your own drum if you are able. Some drums and shakers will be provided.

**Who?** Ages 16 and up

**When?** 4<sup>th</sup> Tuesdays of the Month from 5:30 – 6:30 PM

- April 23
- May 28
- June 25
- July 23
- August 27
- September 24
- October 22

**Where:** Christ Episcopal Church, 64 State Street, Montpelier, in the Parish Hall

Pre-registration required. For more information, please contact Diana Moore, Grief & Bereavement Coordinator, Central Vermont Home Health & Hospice, 802-224-2241.

## Journaling Through Grief

This focused support group utilizes *Understanding Your Grief*, book and journal, by Dr. Alan Wolfelt, Ph.D. Next session starts in March, 2019. Please call for more information. You must purchase the book and the journal by Dr. Wolfelt.

**For more information for *Healing Rhythms* or *Journaling Through Grief*, please contact Diana Moore, Bereavement Coordinator at CVHHH, at [dmoore@cvhhh.org](mailto:dmoore@cvhhh.org) or 802-224-2241.**