



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

July 8
August 12
September 9
October 14
November 11
December 9

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

July 17
August 21
September 18
October 16
November 20
December 18

Healing Rhythms Explore grief through drums and rhythm in a safe and supportive environment. No drumming experience necessary. See reverse for full schedule and details.

Journaling Through Grief Explore your grief through journaling. Please call Diana Moore for details.



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

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? 4th Tuesdays of the Month from 5:30 – 6:30 PM

- 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 or 802-224-2241.