



Samaritan | GRIEF SUPPORT

You don't have to grieve alone.
Samaritan is here to help every step of the way.

All of us grieve in our own way when we lose a loved one. Sometimes the simple act of meeting and talking with others in a comfortable and mutually supportive environment can be beneficial. Samaritan offers a number of grief support groups at no charge thanks to the charitable support of our donors, each designed to meet different needs. Groups are led by professional bereavement specialists.

ONLINE SUPPORT

NEW TO GRIEF — 1 session

To help you navigate this challenging time by exploring the language of loss, engaging in mutual support, and learning about additional resources

DAUGHTERS WITHOUT MOTHERS — 6 sessions

For adult women grieving the loss of a mother

REBUILDING AFTER LOSS — 6 sessions

Explore the challenges experienced by those who have lost a spouse or partner and strategies to address those challenges. This group is suggested as a follow up to Grieving the Love of Your Life

SHARING IN GRIEF & HOPE — 6 sessions

An expressive arts group for anyone who has lost a family member or friend

THE HOLDING SPACE — 6 sessions

For parents grieving the loss of an adult child

YOUNG ADULTS COPING WITH LOSS — 6 sessions

For young adults between the ages of 18-35 who are coping with the death of a friend or family member

IN-PERSON SUPPORT

HEALING HEARTS: A Space for Grieving Children & Families — Please visit our website for dates and information

HEALING YOUR HEART: YOGA & MEDITATION FOR GRIEF — 7 sessions

For anyone interested in exploring their grief journey through yoga and meditation

ONLINE & IN-PERSON SUPPORT

GRIEVING THE LOVE OF YOUR LIFE — 6 sessions

For those grieving the loss of a spouse or partner

Registration is required at:

856.596.8550 or CFGcounseling@SamaritanNJ.org

ADDITIONAL INFORMATION CAN BE FOUND AT
SOUTH JERSEY GRIEF SUPPORT GROUPS
SamaritanNJ.org/resources/grief-support-groups-south-nj/