We are committed to providing you with the grief support you need in these difficult times. We also believe it's critical to do our part to help reduce the transmission of COVID-19. We are currently offering support groups on-line. Please reach out to us about your support needs. If you have any questions, please call us at (856) 596-8550.

# Samaritan | GRIEF SUPPORT

## You don't have to grieve alone.

2021 Online Support Groups

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, each designed to meet different needs. Support groups, led by professional bereavement specialists, meet online, at The Samaritan Center for Grief Support's main office, and other locations within our service area.

Registration is required at (856) 596-8550 or CFGcounseling@SamaritanNJ.org.

#### **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.

#### **COPING WITH A COVID-19 LOSS**

6 sessions

For those who have lost someone they care about to COVID-19.

#### PARENTING AFTER THE LOSS OF A PARTNER

6 sessions

For those who have lost a partner while parenting young children or teens.

#### **DAUGHTERS WITHOUT MOTHERS**

6 sessions

For adult women grieving the loss of a mother.

#### **EARLY ENDINGS**

6 sessions

For young adults grieving a spouse or partner.

#### GRIEVING THE LOVE OF YOUR LIFE

6 sessions

For those grieving the loss of a spouse or partner.

#### SHARING IN GRIEF AND HOPE

6 sessions

For anyone who has lost a family member or friend.

### HEALING YOUR HEART: YOGA AND MEDITATION FOR GRIEF

7 sessions

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



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(800) 229-8183 SamaritanNJ.org