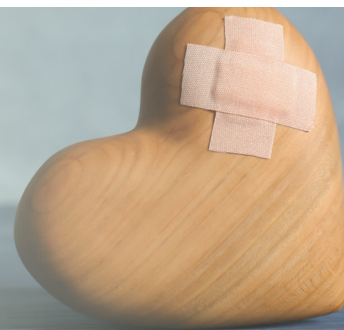


# BEREAVEMENT

## Journey Through Grief *Monthly Grief Workshop*



Anyone over age 18 who is grieving the death of a loved one may attend these monthly support sessions. Sessions include shared insights and grief education, group conversation, shared activities and quiet moments of meditation. This group is open to the public and no registration is required. **Journey Through Grief meets the second Tuesday of each month from 2pm-3:30pm AND 6pm-7:30pm at 7 Executive Park Drive, Merrimack, NH\***. You may join us for either the afternoon or evening session; each session will be the same.

Please stay tuned via our website or Facebook page for any last minute changes to the schedule. Closures due to inclement weather can also be found on WMUR.

*\*Accessible parking & entrance in the rear of building; please call for details (603-420-1914).*

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## Journey Through Grief Topics

<b>January 13, 2026</b>	<b>2pm &amp; 6pm</b>	<i>Myths of Grief &amp; Grieving</i>
<b>February 10, 2026</b>	<b>2pm &amp; 6pm</b>	<i>Personality Differences in Grief</i>
<b>March 10, 2026</b>	<b>2pm &amp; 6pm</b>	<i>Finding Purpose &amp; Meaning After Loss</i>
<b>April 14, 2026</b>	<b>2pm &amp; 6pm</b>	<i>Grief, Depression &amp; Anger</i>
<b>May 12, 2026</b>	<b>2pm &amp; 6pm</b>	<i>Secondary Losses &amp; Disenfranchised Grief</i>
<b>June 9, 2026</b>	<b>2pm &amp; 6pm</b>	<i>Hope &amp; Resilience: Coping Strategies</i>
<b>July 14, 2026</b>	<b>2pm &amp; 6pm</b>	<i>Memory Making &amp; Rituals for Grieving</i>
<b>August 11, 2026</b>	<b>2pm &amp; 6pm</b>	<i>Family Systems in Grief &amp; Grieving</i>
<b>September 8, 2026</b>	<b>2pm &amp; 6pm</b>	<i>Stories of Survival &amp; Transformation</i>
<b>October 13, 2026</b>	<b>2pm &amp; 6pm</b>	<i>Regrets &amp; Forgiveness</i>
<b>November 10, 2026</b>	<b>2pm &amp; 6pm</b>	<i>Navigating the Holidays While Grieving - Memory &amp; Connection</i>
<b>December 8, 2026</b>	<b>2pm &amp; 6pm</b>	<i>Navigating the Holidays While Grieving - Self Care</i>