

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).*

Journey Through Grief Topics

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