

Grief Support Group

For those grieving the recent death of a loved one, this six-week grief support group is offered to provide comfort and a safe space to grieve. Topics will include common grief responses, self-care, and helpful techniques for coping with loss. There is no cost, but registration is required and space is limited to 10 participants. **Six sessions, every Tuesday afternoon from 2:30–4:00pm, beginning May 21st. This group runs from May 21–June 25.** To register or for more information contact Brockton Visiting Nurse Association (BVNA) Hospice Bereavement Coordinator Kiel Mitchell directly at kmitchell@brocktonvna.org or (774) 257-0802.

Location: Mary Cruise Kennedy Senior Center,
10 Father Kenney Way, Brockton

