



Fall Supports

All classes are free of charge, but registration is required, groups require a minimum of 6 participants to commence. Most meetings are currently held via zoom (zoom instruction provided). In-person groups tentative pending Covid concerns. There will be no meetings on holiday weeks. Art materials and Books to be purchased by participants.

Spousal Loss- *Honoring the Loss and Moving Forward*, 10-week session,
Tuesdays 5:00-6:30 beginning October 4th-December 13th

General Loss-*Honoring the Loss and Moving Forward*, 10-week session,
Wednesdays 10:00-11:30am beginning October 5th-December 14th
Wednesdays 5:00-6:30pm beginning October 5th-December 14th

Monthly Bereavement Support-Open group with guest speakers and typical grief topics. It is recommended that participants first attend a traditional bereavement group prior to attending. On-going, 3rd Monday of the Month, 5-6:30pm

Annual Remembrance and Healing Service -September 23rd 6pm

The following Groups are offered throughout the year as desired, 6-8 participants required call to be added to the list.

Griever's Book Club-*How to be Happy (or at least a little less sad) by Lee Crutchley*, 6-week session TBD call for information

Grieving through Expressive Arts -8 week session, TBD call for information

Journaling through Grief- 6-week session, TBD call for information

Caregiver Support- Quarterly Events TBD, call for information

For support or more information please contact Heather Billingham
203-497-3872 or email hbillingham@constellationhs.com