



GRIEF SUPPORT GROUP

Our Peer Grief Support Group is dedicated to supporting one another in navigating grief.

While we all share the common bond of tragedy, we also recognize that each person's path to healing is unique. Our diversity is what brings us together, and we honor each other's differences. As peers, our support is based solely on our individual experiences and perspectives. Our goal is to offer a space to discuss our struggles and share coping strategies.



4TH WEDNESDAY
OF EACH MONTH
1-2:30 PM



HOLDEN SENIOR CTR
1030 MAIN ST, HOLDEN, MA



(508) 210-5570

ABOUT OUR GROUP:

This is a peer support group

We welcome anyone to join our open, drop-in meetings. Attend as many or as few as you would like.

Meetings are held once a month.

We encourage anyone struggling with grief to attend.

