



Living with Grief

Central New Hampshire VNA & Hospice
---Fall/Winter 2018 Schedule---

Support Groups

LIVING WITH GRIEF - 7 week group for adults who have lost a loved one at any age to any circumstance. Offers a space to connect, learn about common grief experiences, discuss ways of coping with loss, and gain support of others in a safe, caring environment.

LACONIA	Thursdays	3:30 – 5:00p	Sep 13 - Oct 25
WOLFEBORO	Tuesdays	2:00 – 3:30p	Sep 18 - Oct 30

TOUCHSTONES IN GRIEF - 5 week group for adults offered in partnership with Taylor Community. Open to Taylor residents and the public. Offers a weekly space to connect and gain support of others who are coping with losses amidst the accumulated experiences, challenges, and insights of later stages in life.

LACONIA	Thursdays	2:00 – 3:30p	Sep 27 - Oct 25	(@Taylor Community)
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PARENT CIRCLE – monthly group for parents who have lost children at any age to any circumstance. All are welcome. We encourage you to come as individuals or together to connect and share with other parents.

WOLFEBORO	4 TH Tuesdays	6:00 – 7:30p	Aug 28 Sep 25 Oct 23 Nov 27
LACONIA	2 ND Thursdays	6:00 – 7:30p	Sep 13 Oct 11 Nov 15

Special Events

ARTS, MUSIC, NATURE, HOPE – creative hands-on workshops for individuals and families of all ages. Explore grief and celebrate loved ones. Guided by local artists. Activities have included crafting fishing lures, painting, scrap-booking, jewelry, writing, pottery, hand-made books, and more. Youth under 18 must be accompanied by an adult.

LACONIA	Saturdays	9:00 - 11:00a	Sep 8 Oct 13
WOLFEBORO	Saturdays	9:00 - 11:00a	Sep 29 Oct 27

GRIEF OUT LOUD! – coffee-house style evening of music, poetry, story, song for all ages. Grief can be silent. Join us to share your own voice and/or to listen, be inspired by and support others. Read a loved one’s favorite poem, play a song, tell a story. No experience necessary ... Just come share and listen from the heart!

MOULTONBORO	Friday	6:00 – 8:00p	Oct 19
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ANNUAL INTERFAITH MEMORIAL SERVICE – a service of remembrance for all ages. Features our *Tides of Harmony Choral Group* and words of hope offered by our hospice volunteers, staff, and local faith leaders.

LACONIA - Good Shepherd Lutheran Church, 2238 Parade Road Sunday, Nov 18, 2:00p



Central New Hampshire VNA & Hospice is dedicated to caring grief support for our hospice families and the whole community. Please contact Dan to register or for more information.

Dan Kusch, Bereavement Care Coordinator
524-8444, dkusch@centralvna.org