



# Grief & Healing Support Groups

Nashoba Associated Boards of Health welcomes adults who are experiencing grief to participate in monthly, drop-in Grief & Healing Support Groups. Facilitated by grief counselor Karen Campbell, these support groups offer a safe space to share experiences of the grief journey.



This group is an opportunity to learn more about the grief process and strategies for managing grief. Confidentiality is respected and maintained. The Grief & Healing Support Group honors all types of grief, including grief due to loss, change and transitions. In recognition that grief has no time frame, those who grieve are welcomed at any point in their journey. Since grief is an evolving process, occasional check-ins with a grief support group may be beneficial. No one is required to commit to consistent attendance.

## FIRST TUESDAY OF EACH MONTH

Ashburnham Library	10:30 TO 11:30
Bolton COA	1:00 TO 2:00
Dunstable Library	3:30 to 4:30

## SECOND MONDAY OF EACH MONTH

Shirley COA	10:00 to 11:00
Shirley Hazen Library	12:00 TO 1:00
Harvard COA	2:00 TO 3:00
Lunenburg COA	4:00 TO 5:00

## SECOND THURSDAY OF EACH MONTH

Littleton Reuben Hoar Library	12:00 TO 1:00
Boxborough Sargent Library	2:00 TO 3:00

## THIRD TUESDAY OF EACH MONTH

Ashby Library	12:00 to 1:00
Groton COA	2:00 TO 3:00
Ayer Library	4:00 TO 5:00

## FOURTH MONDAY OF EACH MONTH

Pepperell COA	10:00 to 11:00
Lancaster COA	12:30 TO 1:30
Townsend COA	2:30 TO 3:30

(December meeting is Wed. 12/27)

## FOURTH THURSDAY OF EACH MONTH

Berlin Town Hall Room 227	12:00 to 1:00
Stow COA	2:00 to 3:00

(November meeting is the 5<sup>th</sup> Thursday)

This service is provided to the community by the Nashoba Associated Boards of Health. Please visit [www.nashoba.org/calendar](http://www.nashoba.org/calendar) for the latest schedule. For more information, please contact Karen Campbell at 978-772-3335 x 322.