

# COMMUNITY HEALTH EDUCATION & OUTREACH

## *Bereavement Support Group*

*The loss of a loved one is one of life's most stressful events.*

*It affects your whole self—mind, body, and spirit.*

*While every loss is unique, having the support of others who have experienced a loss and understand can be comforting.*

*If you are currently struggling with the loss of a loved one, we invite you to join us as we come together to connect, share our sorrow, and begin to heal.*

### THE BEREAVEMENT SUPPORT GROUP MEETS

**When:** Every Thursday

**Time:** 11:00 a.m.

**Where:** 9 Hospital Drive, Suite B15, Toms River, NJ 08755

***For more information, call 732-557-8131.***