

Spousal Bereavement:

Meets 8 consecutive Wednesdays | 10:30 a.m - Noon

Adult Bereavement:

First Wednesday of the Month | 1:30 p.m. - 3:00 p.m.

This support group is open to community members who have lost a loved one, specifically a spouse or an open adult bereavement group meets later the same day.

Support groups are being held in-person at our Fitness and Wellness Center, and pre-registration is required.

Please call **732-499-6193**

