

# Bereavement Support Groups

## Peer Support Group

Although there are no magic cures or shortcuts through grief, opportunities do exist to help ease the pain, to draw strength and courage to go on and to discover, once again, fulfillment and meaning in life.

Middlesex Health offers bereavement support groups for individuals who have experienced the death of a loved one, and it is now offering both Zoom and in-person meetings.

The locations of any in-person support group meetings are:

- + Middlesex Hospital in Middletown
- + Middlesex Health Cancer Center in Middletown
- + Middlesex Health Shoreline Medical Center in Westbrook
- + Middlesex Health Marlborough Medical Center

Bereavement support groups include:

- + Bereavement Support Group (general)
- + Anticipatory Grief Support Group for Caregivers
- + Young Widows & Widowers Support Group (Zoom only)

Middlesex Health's bereavement support group meetings are open to anyone from the community who has experienced loss. Those interested must register with the groups' facilitator.

For more information, contact:

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