



Lake Sunapee Region
VNA & HOSPICE

Hope in Grief

This five-session bereavement support group provides structured activities aimed at helping group members express their feelings, explore coping strategies and honor their loved ones.

Thursdays: October 23, 30, November 6, 13, 20

4:00 – 5:00 pm

Lake Sunapee VNA, 107 Newport Road, New London

RSVP required to Elizabeth Gantner at 603-748-2225

Limited to 10 participants

LakeSunapeeVNA.org