

Coping with Loss in the Holidays

After losing a loved one, the holidays can be difficult. During this discussion group that is open to the community, we will share common experiences and explore ways to maneuver through major holidays and find meaning.

This free program will be offered twice:
Tuesday, November 3 or Monday, November 9 • 3:00 - 4:00 pm
Lake Sunapee VNA, 107 Newport Road, New London

Facilitated by Kelly Farrell, LICSW, and Elizabeth Gantner, Spiritual Care Counselor

RSVPs requested by calling Elizabeth at 603-748-2225

Lake Sunapee Region
VNA & HOSPICE

LakeSunapeeVNA.org