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## **Press Release**

### **Grief Support Group Starting in June**

The VNA and Hospice of Greater Milford will hold a 6 session Grief Support Group starting Monday, June 4, 2012 through to July 9<sup>th</sup>. The six sessions will be held at the Franklin Senior Center from 7:00 PM to 8:30 PM.

The group is available to individuals who have lost a loved one and are seeking support with their grief and mourning. Each individual's experience of grief is unique and personal. Participants will support each other by listening and sharing stories, reflecting on things that helped others in coping with loss. Participants will learn various coping strategies.

Meetings will be held on Mondays at the Franklin Senior Center. Pre-registration is required.

Margie Gonzalez, LICSW, is the bereavement counselor for the VNA and Hospice of Greater Milford and will be leading the support group. Interested individuals should contact Margie at the VNA at 508-473-0862 in order to pre-register.