

Grief and Loss Resources

Exeter Hospital Bereavement Services & Grief Support Groups

The death of a loved one leaves behind feelings of loss which give way to deep pain. Working through the pain is what is called grief work. Although no two experiences are the same, we do know that it is a process that all must go through. Reactions, though typical, will differ for each person and vary in degree, intensity and duration.

It is the goal of the Bereavement Program of Rockingham Visiting Nurse Association & Hospice to help those who have experienced loss understand and normalize their feelings of grief. It is with this purpose that bereavement support groups are offered.

These groups, which are open to the public and free of charge, are held for a six-week period of time and are offered several times a year.

Molly Brewer, provides bereavement support in private residences, nursing homes, hospitals, support groups and workshops so that grief can be expressed in a healthy context.

Adult (General) Bereavement Support Group

Provides an opportunity for those who are grieving the death of a loved one to meet in a safe, supportive environment and share with others who are also experiencing loss.

Motherless Daughter Support Group

This support group allows women who have experienced this special type of loss to meet, share their emotions, and gain support from other group members.

Bereavement Services offered at Rockingham Visiting Nurse Association & Hospice also include the following:

- “Celebration of Life” Annual Memorial Service - Family members and friends are invited to attend this special remembrance held every spring to celebrate the lives of loved ones lost over the past year.
- Bereavement Training
- Bereavement Volunteers
- Grief educational materials
- Community Resource information
- Workshops such as “Grief in the Workplace”

For further information about Bereavement Services, please call **Molly Brewer**, Rockingham VNA & Hospice Bereavement Coordinator at 1-800-540-2981.

Groups in Exeter, New Hampshire

GriefShare - grief recovery support groups meeting weekly in Exeter.

Click on a group date to find out more information about the group.

Current groups:

<u>Sponsor</u>	<u>Address</u>	<u>Dates</u>
Exeter Presbyterian Church	73 Winter Street Exeter, NH	Wednesdays, 6:30 pm – 8:00 pm Apr 26, 2017 – Jul 26, 201
https://www.griefshare.org/groups/81089		

Exeter Health Resources Rockingham VNA and Hospice

137 Epping Road
Exeter, NH 03833

(603) 772-2981 Service/Intake Exeter Area

(603) 772-0931 Fax

(800) 540-2981 Service/Intake Toll Free

<http://rockinghamvna.org>

cgarrett@ehr.org

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Click for more info on [SUPPORT GROUPS](#)

Seacoast Mental Health – Portsmouth, Exeter

<http://www.smhc-nh.org/>

Wentworth-Douglass Hospital

789 Central Avenue
Dover, NH 03820

(603) 742-5252 Administrative

<http://www.wdhospital.com>

info@wdhospital.com

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Grief Support

First Tuesday of every month, 5:30 - 7:30 pm

Contact Monica Viel-Weiss, MSW, (603) 740-2853

Further Resources

<https://psychcentral.com/grief/>

<https://cardinalatwork.stanford.edu/faculty-staff-help-center/resources/work-related/serious-illness-death-and-grieving-workplace>