

ANTICIPATORY GRIEF GROUP FOR CAREGIVERS



MEET WITH OTHERS PROVIDING SUPPORT TO LOVED ONES

1st Tuesday of every month
in Westbrook
1 p.m. - 2:30 p.m.

3rd Thursday of every month
in Middletown
2:30 p.m. – 4 p.m.

The benefits of joining:

- > Receive education on an important, caregiver related topic
- > Receive support and guidance from professionals and peers
- > Learn more about available services and resources

Group meetings are offered
in-person and virtually.

Pre-registration is required.
Space is limited.

To register and receive the Zoom link,
contact **Joan Perkins, LCSW**
at **860-358-2037** or **joan.perkins@midhosp.org**,
or **Sherry Russenberger, GC-C, BCCC**
at **860-358-6091** or **sherry.russenberger@midhosp.org**

The Smarter Choice for Care

M+ **Middlesex
Health**