

ARE YOU GRIEVING THE LOSS OF A LOVED ONE?



UNDERSTANDING GRIEF AND HEALING

Free Grief Support Group

- Do you need a space to process your grief?
- Do you wonder how to navigate your loss and mourning?
- Do you sometimes feel overwhelmed, confused, anxious or alone?
- Do you want to find ways to move forward?

**Join Dawn Alvarez, M. ED,
Medical Social Worker
Certified Grief Educator,
for this 6-week grief support group
helping you unpack your grief.**

- **Learn more about yourself and the grief process.**
- **Join with others who understand.**
- **Find a vision for the future again.**

Please Join Us

Session Dates ◀

6 Weeks: August 6th-
September 10th, 2026.

TIME ◀

Thursdays, 12:30-2:00pm.

LOCATION ◀

Lincoln/Linwood Area Senior
Services, 194 Pollard Road,
Lincoln, NH 03251



PRE-REGISTRATION REQUIRED BY JULY 27TH
Call: 603-536-2232 or Email: info@pbhha.org

