## Community Grief Support Groups

## You are not alone



Members of our healthcare community are under an unprecedented strain due to the COVID-19 pandemic. For so many healthcare workers, the grief arising from patient illness and deaths during this period has come at a time when the pace of care inhibits their ability to process the losses or take care of themselves.



Feeling alone makes grief even harder. But you aren't alone, and healthcare staff can find support in each other. Three affiliate organizations of Seven Hills Foundation are collaborating to bring their expertise to our healthcare workers.







- Free weekly virtual grief support groups through ZOOM, led by trained counselors
- Individual groups for healthcare workers in both English and Spanish
- Groups start in June and will continue as needed

For more information about these three Grief Support Groups or to register, go to sevenhills.org/help or call Children's Friend at 508.753.5425

All groups are provided at no cost due to the generosity of

