Lamprey Health Care
SINCE 1971

Grief Support Group

A space for connection after loss



Connect with others who have lost a loved one, share at your own pace, and learn ways to navigate grief.

Wednesdays 4 - 5 PM	Beginning December 2, 2026 *Eight weekly sessions*	Newmarket Community Room

WHAT TO EXPECT

- Support and connection with others
- Conversations about grief and loss
- Coping strategies for difficult moments
- Space to share memories and experiences

Facilitated by Hannah Hastings, MSW, LICSW

Free for adults ages 18 and older
Open to Lamprey patients and non-patients

To learn more of sign up, call Hannah Hastings

(603) 292-7702

Registration and a brief phone screening are required
Limited to 12 participants • No Drop-ins