

Samaritan | GRIEF SUPPORT

You don't have to grieve alone.

2023 Online Support Groups

All of us grieve in our own way when we lose a loved one. Sometimes the simple act of meeting and talking with others in a comfortable and mutually supportive environment can be beneficial. Samaritan offers a number of grief support groups at no charge thanks to the charitable support of our donors, each designed to meet different needs. Groups are led by professional bereavement specialists.

In order to best serve our community, we are currently holding some groups in person and some on-line.

Please contact us for specific information.

Registration is required at (856) 596-8550 or CFGcounseling@SamaritanNJ.org.

NEW TO GRIEF

1 session

To help you navigate this challenging time by exploring the language of loss, engaging in mutual support, and learning about additional resources.

DAUGHTERS WITHOUT MOTHERS

6 sessions

For adult women grieving the loss of a mother.

GRIEVING THE LOVE OF YOUR LIFE

6 sessions

For those grieving the loss of a spouse or partner.

REBUILDING AFTER LOSS

6 sessions

Explore the challenges experienced by those who have lost a spouse or partner and strategies to address those challenges. This group is suggested as a follow up to Grieving the Love of Your Life.

SHARING IN GRIEF AND HOPE

6 sessions

For anyone who has lost a family member or friend.

HEALING YOUR HEART: YOGA AND MEDITATION FOR GRIEF

7 sessions

For anyone interested in exploring their grief journey through yoga and meditation.

THE HOLDING SPACE

8 sessions

For parents grieving the loss of an adult child.

YOUNG ADULTS COPING WITH LOSS

6 sessions

For young adults between the ages of 18-35 who are coping with the death of a friend or family member.



Please visit our website for updated information and group offerings.

Samaritan

LIFE-ENHANCING CARE

(800) 229-8183

SamaritanNJ.org