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# Grief Support Group

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*Help and encouragement  
after the death of a loved one*

A GriefShare support group is a safe, welcoming place where people understand the difficult emotions of grief. At this 13-week group, you'll receive valuable guidance and tips, leading you to relief, comfort, and peace of mind.

## Contact Us Today

Mondays 5pm-6:30pm

March 16, 2026 – June 8, 2026

Grace Episcopal Church

336 Main St., Old Saybrook

(860) 388-0895 / [gracegriefshare@gmail.com](mailto:gracegriefshare@gmail.com)

