

GRIEF SUPPORT GROUP



Grief is hard work! Grief often depletes the griever physically as well as emotionally (and cognitively, spiritually and socially). Tending to oneself after the loss of a loved one creates a place and space for your grief. A grief support group provides the opportunity to share your loss with others while receiving care, support and tools to adapt to your loss.

Carmela S. McDowell, MSW, LSW will be facilitating a grief support group for those who have experienced loss within the past year. Carmela comes to Koller Funeral Home having retired from a community health system where she oversaw the bereavement program responsible for thousands of bereaved during her career. She has provided individual grief support as well as bereavement care in group support settings, workshops and memorial programs.

Registration is required. Please email kollerbereavement@gmail.com or call 215.482.5200

**PROGRAM WILL BE HELD ALTERNATING THURSDAYS, 6:30-7:45
beginning March 12 through May 21, 2026**