



We all react differently to the loss of a loved one. Whatever the cause of their death, we are never quite prepared for the flood of emotions and the feeling of brokenness within. No matter where you are along this path, the group can support you in finding hope and healing in your journey through grief.

**September 24-November 12, 2025**

Wednesdays 1:00-2:30 pm  
8 Old Mill Lane, Simsbury, CT

Led by Karen Jax Giarnese, BSN, RN, Certified Grief Counselor and Grief Educator.

For more information, please call or text Karen at **860-733-9575**.

*This is a free program for the community from your friends at  
Visiting Nurse & Hospice of Litchfield County.*