



# Life After Loss

*a support group for young widows and widowers*

Unfortunately, there's no guide book for grief. Everyone is different, and no two people will experience grieving in the same way. From numbness to anger, from disbelief to guilt, there's no set pattern to the grieving process.

Losing someone you love is difficult at any age, but if your partner dies young, the loss may be compounded with trying to navigate moving forward while still working and raising a family.

## Topics for conversation

- Coping with feelings
- Finding meaning
- Unfinished business
- Social circles
- Family dynamics
- Unique circumstances

*This support group is **FREE**, but **registration is required**.*

For more information and to register, contact:

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This group may not be appropriate for all people grieving the loss of a loved one. It is meant for young widows and widowers who are looking for guidance and support in moving forward after their loss.

To register online,  
visit [MiddlesexHealth.org/Bereavement](https://MiddlesexHealth.org/Bereavement)

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