

Grief Support Services

Helping Our Women LGBT Grief Support Group

Every Wednesday, October 19 through December 7, 2022, from 5:30 to 6:30 p.m.

Diane McCarthy will facilitate an 8-week LGBT Grief Group Session in Eastham this fall. The group is open to those who identify as LGBT and are grieving (clients and the public of any gender identity). This group is free, however, registration is required, and participation is limited, so please call if you'd like to attend this group and get your name on the list!

Contact: Call Ella at HOW's Eastham Office at 508-487-4357

VNA Bereavement Support Group

*First and third Monday of the month, starting October 17, 2022, from 10:30 a.m. to 12 p.m.
Provincetown Council on Aging, 2 Mayflower Lane, Provincetown, MA 02657*

This bereavement support group provides a positive, nurturing, confidential setting to learn ways of managing and coping with loss. Groups are facilitated by experienced bereavement professionals and are FREE of charge. All our groups are open to anyone who has experienced the death of a loved one. It is the process of grieving that helps us heal. Please contact the Bereavement Coordinator to confirm the group schedule and register.

Contact: Bereavement Coordinator, Jeanne Burke (508) 740-2370

Sharing Kindness

Living with the reality of loss seems insurmountable, particularly in early grief. Yet being supported while tending to your grief makes the seemingly unbearable pain more bearable.

At Sharing Kindness, we are committed to our vision of providing grief support on Cape Cod and the Islands, offering hope and courage to face another day. Whether you are grieving a loss or know someone who is, we hope you find these resources helpful.

Contact: (508) 246-1555 or sign up for the upcoming five-week grief group at the Truro Community Center, 7 Standish Way

Outer Cape Health Services Grief Support Group

Every Monday, starting October 17, 2022, from 4 to 5 p.m.

Harwich Clinic, 710 Main Street, Harwich Port, MA 02646

An in-person offering for patients will begin towards the end of the month. Please call to register.

Contact: (508) 237-0132

Outer Cape Health Services, Community Resource Navigator

The Outer Cape Health Services Community Navigator program helps assist residents with unmet medical, behavioral health, or human service needs through collaboration with local agencies, providers, and community groups. The Navigator works closely with community agencies from referrals and service coordination to help clients in their community by building relationships and identifying support networks.

Contact: (508) 237-0132

Trauma Sensitive Yoga

Facilitated by Brianne Smith, LICSW/TFTCY-F

Every Monday, starting October 17 through November 7, 2022, from 1 to 2 p.m.

Truro Community Center, 7 Standish Way, N. Truro, MA 02652

Brianne Smith will offer four weeks of trauma-sensitive yoga in the Community Center recreation lounge. All are welcome to attend this free session.

Contact: (508) 237-0132 or bsmith@outercape.org



TRAUMA CENTER
TRAUMA SENSITIVE YOGA
A PROGRAM OF THE CENTER FOR TRAUMA & ENDOCRINE AT JCH

