

# Coping with Loss During the Holidays

**SEACOAST  
HOSPICE**

YOUR LIFE. YOUR JOURNEY.  
WE CAN HELP.



The holiday season can be a difficult time for those who have experienced a significant loss. Even if the loss was not recent, memories of holidays past may stir up feelings of grief and loneliness. It may be helpful to anticipate these feelings and plan ways to move through them without getting stuck.

Seacoast Hospice is offering multiple opportunities to gather with others to share personal experiences and effective methods for dealing with grief. These support groups are designed for those who are coping with loss or caring for someone who has experienced a significant loss.

*Seacoast Hospice support groups are offered free of charge.*

*Registration is not necessary, but encouraged. To register and for more information, contact the Bereavement Department at 1-800-416-9207.*

**All Support  
Groups  
meet from  
6:00 pm to  
8:00 pm**

**Tuesday, November 13**

**Thursday, November 15**

**Monday, November 19**

**Monday, December 10**

**Tuesday, December 11**

**Thursday, December 13**

**Dover Public Library**

**Seacoast Hospice, Exeter**

**Portsmouth Public Library**

**Portsmouth Public Library**

**Dover Pubic Library**

**Seacoast Hospice, Exeter**

Seacoast Hospice • 10 Hampton Road, Exeter, NH 03833

1-800-416-9207 • [www.seacoasthospice.org](http://www.seacoasthospice.org)

*Specializing in compassionate end-of-life care since 1978*

*Serving Rockingham and Strafford Counties in NH and surrounding communities*