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PRESS RELEASE

Franklin VNA & Hospice holds Drop- In Group

Franklin – Are you grieving or know someone who is? Will this holiday season be emotionally difficult for you because of the death of a loved one? Franklin VNA & Hospice Chaplain Tobias Nyatsambo invites you to attend the Franklin VNA & Hospice’s Drop – In Grief Support Group. The group is free, and open to all. It is hosted at their 75 Chestnut Street, Franklin office on the second Monday of every month at 2pm and requires no pre-registration.

“Grieving people need a space where they can safely share what they are going through with people who have had a similar loss,” says Nyatsambo. This safe space is exactly what he aims to provide when he facilitates the grief group.

He notes, “For the grieving person, once their loved one’s services have been concluded their grief doesn't just shut off. We are here to provide support for those people to help them heal.”

As we enter the holiday season, emotions and grief we thought were long dealt with can push back into our lives. Whether your grief is fresh or has resurfaced, a grief group can help provide a sense of perspective as each grieving person shares how they are moving through grief, help you see you are not alone on this difficult journey and provide hope that, while no two grief experiences are the same, you can find your way to feeling joy again.

For more information, call April at the Franklin VNA & Hospice at 934- 3454.

Franklin VNA & Hospice is an independent, non-profit organization established in 1945 to serve the Home Health care needs of the community. They provide home care, Hospice, clinic and community education services to Andover, Belmont, Boscawen, Canterbury, Franklin, Hill, Northfield, Sanbornton, Salisbury, Tilton, Webster and surrounding towns, as requested. For more information on the grief group or other services call Franklin VNA & Hospice at (603)934-3454 or visit www.FranklinVNA.org.