Albany Diocesan Cemeteries

*A Tradition of Faith*

# BEREAVEMENT SUPPORT GROUP

## FALL 2023

Grief is a difficult emotion to cope with, and can be very isolating. We recognize and experience the grief of loss with our visitors every day. So many visiting the cemetery feel an emptiness that can be overwhelming and difficult to share with others. Grief is not something that can be cured; however, you may find comfort and understanding in talking with other people that are experiencing grief and loss, similar to you.

Our bereavement support group provides a safe and confidential place for those who are grieving to share their stories, experiences, show compassion to one another, and remember loved ones.

Are you unsure if you're ready or want to talk or share your experience?

We welcome those who may just want to try a bereavement support group to join us for one or more sessions and listen in a comforting, no pressure environment. Please note that this is not formal counseling.

Our bereavement support group is free of charge and open to anyone struggling with loss.

**October 4 • November 1 • December 6**

**10:30 – 11:30 AM**

The Living Room Art Gallery at Historic St. Agnes Cemetery
48 Cemetery Ave. Menands, NY 12204

There is no fee to attend, but please pre-register:
**(518) 350-7679** or **Kelly@ADCemeteries.org**