



**LIVINGSTON
NEW JERSEY**

SENIOR, YOUTH & LEISURE SERVICES

Bereavement Support Group

Sponsored by ACAP
(Academy of Clinical &
Applied Psychoanalysis)

Group Facilitators:



Connie G. Bareford
PhD, RN, APN, PHCNS-
BC, N.C. Psy.A



Susan L. Saunders
LCSW, ACS

Tuesdays

1—2:30 PM

Oct 2, 16 & 30

Nov 13 & 27

Livingston

**Senior/Community Center
204 Hillside Ave**

**Registration is limited to 12 participants
FREE, Pre-Registration is required**

“To Comfort All Who Mourn”

At certain times the support and understanding of others can be especially helpful; bereavement is one of those times. Bereavement is a reaction to loss. This loss can be the death of a person, the loss of health or physical ability in yourself or a loved one, abuse, a divorce, the loss of a job, a move, any transitions, or the loss of a pet. Even retirement can sometimes lead to a sense of loss: loss of identity, of routine, of meaningful work, of colleagues. Many thoughts and feelings may well be aroused: sadness, guilt or regret, loneliness, boredom, and even anger. Attending a group with others may provide a feeling of being supported, listened to, and feeling understood. This 5-session group will be led by experienced professionals from Livingston’s Academy of Clinical and Applied Psychoanalysis (ACAP).

Pre-register online at livingstonnj.org through Community Pass or in person at SYLS Office, 204 Hillside Ave. Questions, please call 973-535-7925, option 8