

THE COMMUNITY CHURCHES OF GREATER WESTFIELD

Invite you to join in a

6 Week Grief and Loss Support Group

We invite you to come find connections and support from other bereaved individuals who understand what the grieving experience is like, in a welcoming, confidential, and non-judgmental support group.

“It’s OK, you’re not OK”



Dates:

**Mondays, September 11th, 18th, and 25th
Mondays, October 2nd, 16th, and 23rd**

Location:

**Episcopal Church of the Atonement
St. Margaret’s Guild Room
36 Court Street * Westfield**

Our sessions will begin promptly at 6:30pm and end at 7:30pm. Please arrive 10-15 minutes early to grab a cup of coffee or tea; biscuit with clotted cream and jam or cookies. Due to the nature of the group and to allow participants to build trust, we ask that every effort be made to attend all sessions, but we understand that life happens; if you are going to miss a session, please contact Josh to let him know.

For more information or to register please contact:

Joshua Vélez, MA

Email: velez.olv@gmail.com

About Our Facilitator Joshua Vélez:

Josh Vélez is the Bereavement Coordinator at Hospice of the Fisher Home, located in Amherst, MA, where the staff and volunteers serve more than 200 patients and families a year with their In-Home Community Based Program and 9 Bed Resident Facility, which also serves as the hub and command station for the Community Program. Josh provides aftercare to families who's loved ones have died on hospice services with Fisher Home with its 13 month bereavement program which includes monthly support mailings, calling the family throughout the 13 months, starting within the first 36 hours to offer any support that is needed. But Fisher Home also offers individual and family sessions, as well as group support groups held out in the community.

Josh is not a therapist or a clinical social worker, nor does he hold any counseling degrees or licenses; Josh is an Interfaith Chaplain, a Grief Companion, and a Death, Dying, and Grief Specialist holding a Master's Degree in Theology focused in Bioethics and End-of-Life Care. Though Josh is not a therapist, he does work with local therapists who are available for added support.