



Bereavement Support Groups

Our bereavement groups help those who are grieving the loss of a spouse or companion. We are open to people of all faiths.

AFTER SHIVA

The After Shiva group provides a safe space for members to grieve the passing of a spouse or partner in an understanding and supportive community. Throughout the six weekly sessions, the group learns about the grieving process as they reflect on the past, learn to live in the present and plan for their future.

MOVING ON

This is a group for those who have previously attended a bereavement program for spouses or companions and would like to continue meeting in a facilitated group setting. Members discuss the process of adapting to life without their loved one and the challenges of creating a "new normal".

Rockland Jewish Family Service also offers individual bereavement counseling.
Health Insurance Accepted.

For more information or
to register, please contact:
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