

## SUPPORT IN THE TIME OF PANDEMIC

Brattleboro Area Hospice is pleased to announce a new offering, to assist people in our community during this challenging time. We are broadening our grief and spiritual support to include issues of loss and transition related to the Covid crisis, by offering a support group that will commence in early September.

The pandemic has brought with it alterations in our circumstances that were unimaginable just months ago. How is Covid Time affecting you and those you love? Have there been losses? How are you managing? Would you like some help?

This new group will be co-facilitated by Muriel Wolf, BAH's spiritual companion, and Rick Willhite, a BAH volunteer with a professional background in spiritual care and social work. We will offer opportunities to learn simple, non-religious spiritual practices as well as practical tools that have helped many find their way through times of difficulty and change. There will be times for journaling, shared reflection and conversation about our experiences. We'll emphasize attentive listening, compassion, and mutual trust—all of proven value in difficult times like ours.

The group will meet on the second and fourth Tuesdays of the month from 5:30 to 7 PM, beginning on September 8<sup>th</sup>. We will use the Zoom platform—Don't know how to use Zoom? We can help you learn how before the first session, just ask us when you register. We will meet for eight sessions; the first of which you can attend with no obligation to continue. After this point we ask that you stay with us for our remaining time together.

This is not a drop-in group; registration is required. Membership is limited to eight participants. For registration or more information, please email Muriel at

[muriel.wolf@brattleborohospice.org](mailto:muriel.wolf@brattleborohospice.org) or call the office at 802-257-0775 and ask for Hilary at ext. 105. She will take your name and phone number and have Muriel return your call.

We look forward to hearing from you and wish you well.