

## News & Events

For Immediate Release

### Jersey City Medical Center Hosts Monthly Bereavement Support Group

Jersey City Medical Center is hosting a bereavement support program for those individuals coping with the loss of a loved one. Meetings are held the third Wednesday of each month (at 6:30 pm – 7:30 pm) in conference room 5 at the hospital (355 Grand Street, Jersey City).

"The program is open to anyone who is grieving the loss of a family member or close friend," said Nancy Pain, a nurse practitioner who works in the hospital's palliative care unit. "We suggest, however, that people wait four to six weeks after suffering a loss to give them a better perspective."

Licensed clinical social workers at Jersey City Medical Center who are trained in this role will serve as facilitators with the support group. Anyone who has suffered such a loss can participate, there is no charge and individuals and families can utilize the support for as long as they need it.

"When people are grieving, they very often don't know where to turn, who to turn to, or what's appropriate," said Pain. "Our program is intended to help them cope during this very difficult time. Our experts will be providing support, not therapy."

For more information call 201-915-2058 or 201-915-2897.

### News and Events

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### Quick Contacts

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