

# HealthReach Community Health Centers



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FOR IMMEDIATE RELEASE

## **Bethel Family Health Center to Offer Bereavement Support Group** **The free 8-week series will run from March 8 to April 26**

BETHEL – [Bethel Family Health Center](#) is offering a free 8-week bereavement support group on Thursdays, from 3:30 to 5:00 p.m. The series is scheduled to run from March 8 to April 26 and will be facilitated by the health center's Behavioral Health Consultant, [Katie Sloma, LCSW](#).



This will be Sloma's second such support group at the health center. The first bereavement group, held in the autumn of 2017, was met with positive, appreciative feedback from participants

"I look forward to once again supporting the community by offering a local option for this needed service," shared Sloma.

Every person's loss is unique. Through a support group, one can feel the support and understanding of others who have experienced loss. While there is no single solution to dealing with loss, members of a support group can offer a range of alternatives, as well as a break from the loneliness and the boredom that often come with grief.

To register for the support group, please contact Katie Sloma, LCSW, at (207) 824-2193. Bethel Family Health Center is located at 32 Railroad Street in Bethel.

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**Bethel Family Health Center** is part of HealthReach Community Health Centers, a group of eleven Federally Qualified Health Centers in Central and Western Maine. Bethel offers a range of services including family medical care, counseling, and dental hygiene to residents of Andover, Bethel, Gilead, Greenwood, Hanover, Newry, Upton, Woodstock and neighboring towns. Our reduced fee program is available to uninsured and underinsured residents.

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