



Hospice Grief Services

Free support for anyone grieving the death of a family member or friend. Please call 518-724-0200 for more information, or [apply online](#) today.

Grief Support Groups

Location	Group Name	2019 Schedule	Please Contact
Albany	Living With Loss	Every 1st Tuesday Afternoons (please call for exact time)	Sue Emanuele 518-724-0200
Albany	Living With Loss	Every 3rd Wednesday Evenings (please call for exact time)	Sue Emanuele 518-724-0200
Rensselaer	Living With Loss	Every 2nd and 4th Tuesday 5:30pm - 7:00pm	Julia Soto 518-285-8116
Saratoga	Living With Loss	Every 1st and 3rd Wednesday 12:30pm - 2:00pm	Maureen M 518-581-0800
Amsterdam	Living With Loss	Every 2nd Tuesday 6:00pm - 7:30pm	Amy Burkert 518-843-5412
Catskill	Living With Loss	Every 1st Monday 2:00pm - 3:30pm	Joe Zanchelli 518-943-5402

- **Early Grief** - for those who lost friends or family within the past year.

Location	Group Name	2019 Schedule	Please Contact
Clifton Park Senior Center	Early Grief	TBD	Meg Parobeck 518-581-0800
Schenectady	Early Grief	TBD	Amy Burkert 518-843-5412

Location	Group Name	2019 Schedule	Please Contact
Rensselaer	Early Grief	Tuesdays, April 2 - May 7 1:30pm - 3:00pm	Linda Carothers 518-285-8128

- **Daughters Group** - for adult women who have lost a parent.

Location	Group Name	2019 Schedule	Please Contact
Rensselaer	Daughters Group	Wednesdays, April 10 - May 15 5:30pm - 7:00pm	Julia Soto 518-285-8116
Saratoga	Daughters Group	TBD	Maureen M 518-581-9727
Albany	Daughters Group	Mondays, May 6 - June 25 Evenings (skip May 27)	Sue Emanuele 518-724-0200

- **Widow & Widowers** - for anyone who is grieving the death of their spouse or partner.

Location	Group Name	2019 Schedule	Please Contact
Rensselaer	Widows & Widowers	Every 1st & 3rd Wednesday 3:00pm - 4:30pm	Julia Soto 518-285-8116

- **Young Adult Grief Group** - for anyone aged 16-21 years old who lost friends or family.

Location	Group Name	2019 Schedule	Please Contact
Rensselaer	Young Adult Grief Group	Thursdays, January 3 - 31 5:30pm - 6:30pm	Emma Pile 518-285-8132

Support Groups for grieving children & teens

Location	Group Name	2019 Dates/Times	Please Contact
Rensselaer (Winter)	Wave Riders (ages 3-17)	Wednesdays, Jan 16 - Feb 13 5:30pm - 6:30pm	Dana Carll 518-285-8137
Schenectady	Wave Riders (ages 3-17)	Mondays, March 18 - April 15 5:30pm - 6:30pm	Dana Carll 518-285-8137

Location	Group Name	2019 Dates/Times	Please Contact
Saratoga	Wave Riders (ages 7-12)	Tuesdays, April 30 - May 28 5:30pm – 6:30pm	Emma Pile 518-285-8132
Rensselaer (Spring)	Wave Riders (ages 3-17)	Wednesdays, May 29 - June 26 5:30pm - 6:30pm	Dana Carll 518-285-8137
Rensselaer	Teen Social Circle (ages 12-17)	Monthly, every first Tuesday 5:30pm - 6:30pm	Dana Carll 518-285-8137
Rensselaer	Young Adult Group (ages 16-21)	Thursdays, January 3 - 31 5:30pm-6:30pm	Emma Pile 518-285-8132



The Community Hospice

295 Valley View Boulevard
Rensselaer, NY 12144
518-285-8137

Bereavement Services

Monday, November 25

5:00pm

Wave Riders, Saratoga

6:30pm

Daughters Group, Saratoga

Tuesday, November 26

5:30pm

Living with Loss, Rensselaer

Wednesday, November 27

5:30pm

Wave Riders, Rensselaer

Monday, December 2

2:00pm

Living with Loss, Catskill

6:30pm

Daughters Group, Saratoga

Tuesday, December 3

Living with Loss, Albany, afternoons

Wednesday, December 4

12:30pm

Living with Loss, Saratoga

3:00pm

Widows & Widowers, Rensselaer

Thursday, December 5

5:30pm

Holiday Hope, Rensselaer

Monday, December 9

6:30pm

Daughters Group, Saratoga

Tuesday, December 10

5:30pm

Living with Loss, Rensselaer

Wednesday, December 11

5:30pm

Children's Holiday Hope, Rensselaer

Thursday, December 12

2:00pm

Widows & Widowers, Saratoga



Hospice, cont'd

Wednesday, December 18

12:30pm

Living with Loss, Saratoga

3:00pm

Widows & Widowers, Rensselaer

Tuesday, December 24

5:30pm

Living with Loss, Rensselaer

Thursday, December 26

2:00pm

Widows & Widowers, Saratoga

Monday, January 6, 2020

2:00pm

Living with Loss, Catskill

Apply online: www.hospicegriefservices.com or call 518-724-0200

THE COMMUNITY HOSPICE

GRIEF SUPPORT

Apply Online

For more information, please visit [The Community Hospice's Grief Services website](#)

Monday, January 6, 2020

2:00pm

Living with Loss, Catskill

Tuesday, January 7, 2020

Living with Loss, Albany, afternoons

Thursday, January 9, 2020

2:00pm

Widows & Widowers, Saratoga

Tuesday, January 14, 2020

5:30pm

Living with Loss, Rensselaer

Wednesday, January 15, 2020

12:30pm

Living with Loss, Saratoga

3:00pm

Widows & Widowers, Rensselaer

Thursday, January 23, 2020

2:00pm

Widows & Widowers, Saratoga

Tuesday, January 28, 2020

5:30pm

Living with Loss, Rensselaer

Monday, February 3, 2020

2:00pm

Living with Loss, Catskill

Tuesday, February 4, 2020

Living with Loss, Albany, afternoons

Wednesday, February 5, 2020

12:30pm

Living with Loss, Saratoga

3:00pm

Widows & Widowers, Rensselaer

Tuesday, February 11, 2020

5:30pm

Living with Loss, Rensselaer

