

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 November 1 through January 3**

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 November 1 to January 3 and will be facilitated by the health center's Behavioral Health Consultant, [Katie Sloma, LCSW](#).



This will be Sloma's third offering of the support group at the health center. The first two bereavement groups were 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. A reduced fee program is available to uninsured and underinsured residents.

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