

Grief and Loss Support Group

Grieving is painful and complicated. It does not follow a predictable course, causing many to feel alone and isolated in their pain.

The NYC Employee Assistance Program (EAP) does not want anyone to be alone with their loss and their sadness. The EAP is offering a group for those who have suffered a loss and are looking for **support, guidance and comfort.**

If you are an NYC employee or family member, please feel free to join.



The group is free and confidential.

Offered every Thursday at
5:30pm

Link:

[https://us06web.zoom.us/j/89182012841?](https://us06web.zoom.us/j/89182012841?pwd=WkViK0VHak9sVDBnUGgwQ3FTWlBxZz09)
[pwd=WkViK0VHak9sVDBnUGg](https://us06web.zoom.us/j/89182012841?pwd=WkViK0VHak9sVDBnUGgwQ3FTWlBxZz09)
[wQ3FTWlBxZz09](https://us06web.zoom.us/j/89182012841?pwd=WkViK0VHak9sVDBnUGgwQ3FTWlBxZz09)

Meeting ID:

891 8201 2841

Password: NYCEAP

Call in by Phone: 646-558 -8656



To contact the NYC EAP
Call: 212-306-7660
Email: eap@olr.nyc.gov