



# Grief and Loss Support Group

To contact the NYC EAP  
Call: 212-306-7660  
Email: [eap@olr.nyc.gov](mailto:eap@olr.nyc.gov)

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.

**Thursdays at 5:30pm**

**Link:** <https://us06web.zoom.us/j/89182012841?pwd=WkViK0VHak9sVDBnUGgwQ3FTWIBxZz09>

**Meeting ID: 891 8201 2841 Password: NYCEAP Call in by Phone: 646-558-8656**