

Southern NH & National Widow / Grief Support Resources

Modern Widows Club – Southern NH Chapter

A local chapter of the national Modern Widows Club network offering connection, peer support, and community specifically for widows. This group is facilitated by two widows.

- Next meeting registration link: [-2026-modern-widows-club-meeting-southern-chapter-tickets-Eventbrite](#)
- Private Facebook Group - <https://www.facebook.com/groups/mwcsnh> - You will need to request to join this group.

Local Chapter Phone – 603-458-2776. Meetings are held at Northstar Financial Planning in Windham, NH.

In addition to local gatherings, the national organization offers:

- Virtual support options
- Structured programs
- National widow coaching programs

Website: <https://modernwidowsclub.org>

Southern NH Chapter: <https://modernwidowsclub.org/communities/southern-new-hampshire-chapter>

National Phone: 844-429-4369

GriefShare (In-Person & Online Groups)

Structured grief support groups offered nationwide.

- Offers both in-person and online options.

- Groups run in cycles, but you can typically join at any time.
- Faith-based format (important to know for those considering it).

Website & Group Finder: <https://www.griefshare.org>

Phone: 800-395-5755

Elliot VNA Bereavement Support – Manchester

Offers adult bereavement groups and structured support programs.
Registration is typically required.

Website: <https://www.manchestervna.org/bereavement-support>

Phone: 603-622-3781

Hospice (Merrimack Area & Surrounding Towns)

Local hospice organizations offer grief support groups and counseling — even if your loved one was not in hospice care.

Several members shared that this was extremely helpful and also led to meaningful friendships with other widows.

(Contact local hospice agencies directly for schedules.)

Friends of Aine – Manchester

Support for grieving children, teens, and their families.

Described as a wonderful resource for children of all ages and their caregivers.

Website: <https://www.friendsofaine.com>

Phone: 603-668-1207

Location: Manchester, NH

Local Libraries

Some local libraries (example shared: Bristol, NH) host grief support groups. It may be worth checking with your town library to see if similar programs are offered nearby.

Widowed Mom Podcast

Highly recommended to start from the very beginning, especially for those newly widowed.

Offers practical and emotional guidance in podcast format.

Available on major podcast platforms.

Widow We Do Now Podcast & Community

Podcast with a supportive tone and a touch of humor — noted as especially helpful early in grief.

Website & Resources Page:

<https://widowwedonow.com/resources>

They also have:

- A private Facebook group - <https://www.facebook.com/share/g/1En9de5TsK/>
 - Membership screening to reduce scammers
 - Additional books and resources shared through their platform
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Primary Care Provider – One-on-One Option

For those who prefer private support instead of a group setting:

Calling your primary care office can:

- Connect you with a one-on-one grief counselor
- Provide behavioral health referrals
- Help with sleep/anxiety support if needed
- Direct you to trusted local therapists
- Offer online options

Simply ask your doctor's office for:

"A referral for individual grief counseling or behavioral health support."

Northstar Financial Planning's mission is rooted in service, education, and advocacy for widows navigating life after loss. We believe support should extend beyond formal financial relationships, which is why our involvement with the Southern New Hampshire Modern Widows Club is centered on community, not clients.

As a sponsor and ambassador of the Southern New Hampshire Modern Widows Club, we are proud to support a community that offers connection, understanding, and hope. Our role is offering the safe space to meet and to be a trusted resource—answering questions as they arise, and ensuring no one feels they must figure things out alone. There is no expectation or obligation to become a Northstar client to participate.