

Community Resource Series

Provided by the Guidance Departments and Student Assistance Counselors
of the Middletown Township High Schools

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March 2017

Stephy's Place: A New Life Support Center for Grief and Loss

Mission Statement: Stephy's Place is a non-profit, 501(c)3 organization who relies on the generosity of others so that we can continue to provide free support groups for those suffering the loss of a loved one.

Support Available:

Support Groups include:

- Loss of Spouse/Partner
- Loss of Child
- Loss due to Suicide
- Loss of Sibling
- (Adult) Loss of Parent

Day and evening groups are available on
Tuesday and Thursday.

For more information, please call
732-614-1142

Or email info@stephysplace.org
(Email is the preferred means of
communication.)

All information provided in this
newsletter was retrieved from
www.stephysplace.org

Meditation & Mindfulness Training

Stephy's Place offers free meditation
classes four times per month:

1st Thursday: 9:30am
2nd Tuesday 6:00pm
3rd Thursday 9:30am
4th Wednesday 11:00am

To reserve your spot, please email
info@stephysplace.org or call 732-614-
1142. Please note: email will render
the quickest response.

Important Note:

Parking for Stephy's Place is located in front of the
building (four spaces to the left marked "Stephy's
Place"). There is additional parking along the right side
of the building as well as across the street in the Day's
Funeral Home Family Center lot. Please leave the
parking spaces closest to their entrance available for
their guests.

STEPHY'S PLACE IS LOCATED AT:

The
The Swede Chevalier Building
210 West Front Street, Suite 209
Red Bank, NJ 07701

www.stephysplace.org