

Apr-Jun 2021

Free community Support



Education

April 26-June 3

Structured discussion groups that focus on specific topics each week.

- **Grief & Complicated Circumstances**
Mondays 3-5pm
- **Living with Grief**
Tuesdays 2:30-4pm
- **Caregivers Together**
Thursdays 2-3:30pm

Social Hour

April 5 - June 11

Informal group for those attending to offer and receive support from each other. Participants determine the topic each week.

- **Grief support**
Mondays 12-1pm
- **Caregiver Support**
Tuesdays 10:30-11:30
- **Pandemic Support** for any type of loss Tuesdays 5-6pm
- **Grief & Complicated Circumstances**
Thursdays 11:30-12:30

All groups are free
on zoom.
No connection to
hospice required

Reflection Walk

Meet at a local park and talk with those who are currently caring for a loved one or are adjusting to life after a loved one's death.

Registration required for details. Group is limited to 10 individuals.

Facebook Groups

You can connect with others in similar situations when you have time using the two private Facebook groups we created:

Caregivers Together
and

Living with Grief

For more information about accessing support contact our Bereavement Coordinator
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