

VIRTUAL GENERAL GRIEF EDUCATION AND SUPPORT GROUP



HOSPICE
SLO COUNTY
NON-MEDICAL VOLUNTEER SUPPORT
AND COMMUNITY GRIEF CENTER

Our 6-week educational support group offers a compassionate and supportive environment where we come together to process emotions, find comfort, and gain strength. This group is specifically designed to help those grieving the loss of someone close, providing a safe space to share stories, express feelings, and learn healthy coping strategies.

Navigating the loss of a loved one can be one of the most challenging experiences in life.

WHAT TO EXPECT:

Each session will focus on different aspects of grief, such as:

- Understanding the process of grief
- Processing emotions like sadness, anger, guilt, and relief
- Coping strategies for dealing with loss
- Finding hope and healing through shared experiences

REGISTRATION IS REQUIRED TO ATTEND:

- Complete the online sign-up form
- A support group facilitator will reach out to discuss the next steps
- You are not fully registered until a phone assessment has been completed
- Please call us if you have questions

WHEN: April 1, 8, 15, 22, 29: May 6 (Weds)

WHERE: Virtually on Zoom *A camera and audio (phone or microphone) are required to participate.

LINK: Will be provided after phone assessment

TIME: 5:30 pm - 7:00 pm

LED BY: Trained Grief Group Facilitators

GROUP SIZE: 8 - 10 participants



All services are provided at no charge. Donations appreciated.

www.hospiceslo.org
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