

SPOUSE / PARTNER LOSS 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 a spouse or partner, providing a safe space to share stories, express feelings, and learn healthy coping strategies.

Navigating the loss of a spouse or partner 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: Mar 19, 26; Apr 2, 9, 16, 23 (Thurs)

WHERE: 1305 Marsh Street, San Luis Obispo

TIME: 10:30 am - 12:00 pm

LED BY: Trained Grief Group Facilitators

GROUP SIZE: 8 - 10 participants



All services are provided at no charge. Donations appreciated.

www.hospiceslo.org
(805) 544-2266

1305 Marsh Street
San Luis Obispo CA, 93401