

# 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:** May 14, 21, 28; June 4, 11, 18 (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](http://www.hospiceslo.org)  
(805) 544-2266

1305 Marsh Street  
San Luis Obispo CA, 93401