



Holiday Grief Support Group at Hospice SLO County

WEDNESDAYS: NOV 19, 26 & DEC 3
10:30 AM - 12 PM EACH WEEK



The holiday season can be a time of joy, but it can also be a tender time that can stir up feelings of loss, loneliness, and longing for those who are no longer with us. This 3-week grief support group is designed to provide a space where we can honor our feelings, share our stories, and support one another. Sessions will include discussion and sharing time with practical tools and coping strategies. Join this group to bring comfort and connection as we move through this holiday season.

REGISTRATION IS REQUIRED TO ATTEND

Sign up online at <http://www.hospiceslo.org/support-groups>
or scan the QR code



All services are provided at no charge. Donations appreciated.

(805) 544-2266 | www.hospiceslo.org

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