

# SLO 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

## **HOW TO REGISTER:**

- Complete the online sign-up form
- A support group facilitator will reach out to discuss the next steps once your information is received
- Please call us if you have questions

**WHEN:** Oct 1, 8, 15, 22, 29; Nov 5 (Weds)

**WHERE:** 1304 Pacific 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

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