



We provide compassionate end-of-life care, comfort the grieving and educate our community.

*No one ever told me that grief felt so like fear. I am not afraid, but the sensation is like being afraid. The same fluttering in the stomach, the same restlessness, the yawning. I keep on swallowing.*

A Grief Observed, by C.S. Lewis

## **GRIEF SUPPORT FROM HOSPICECARE**

Our grief support groups are available to anyone needing support after the death of a loved one. **YOU DO NOT NEED TO BE A HOSPICE FAMILY MEMBER TO ATTEND THESE GROUPS. THEY ARE OPEN TO ALL RESIDENTS OF BOULDER AND BROOMFIELD COUNTIES.**

The meetings, led by experienced bereavement group facilitators, include discussions of specific topics and optional personal sharing in a safe and accepting atmosphere.

*Please phone before attending the first time – meeting locations have changed.*

*In the event of severe weather please call 303-604-5300 by 4:00 p.m. on the date of the offering to check on cancellation of groups.*

### **Boulder Ongoing Drop-In Grief Support Group:**

General group support for anyone who has suffered a death loss. Meets 1<sup>st</sup> & 3<sup>rd</sup> Thursdays, 6:30-8:30 p.m. Call Barbara Raines at 303-447-8060

### **Bereaved Parents Group:**

Educational meeting with program and sharing. For bereaved parents only. Meets 2<sup>nd</sup> Wednesday of the month, 7:00-9:00 p.m. Call Rose Swenby at 303-678-5755.

### **Pregnancy/Infant Loss Group:**

For the loss of a baby through miscarriage, stillbirth, newborn, or infant death under two years of age. Meets 1<sup>st</sup> & 3<sup>rd</sup> Wednesdays, 7:00-9:00 p.m. Call Kristy Mitchell at 303-604-5300.

**Healing Circles Grief Groups for Children (ages 5-11), Teens (ages 12-18), and Families:** Groups are ongoing, twice a month in Boulder and Longmont. Call Jennifer Trinkle at 303-604-5330.

### **Adult Parent Loss Group:**

Meets 4<sup>th</sup> Tuesday of the month, 6:30-8:30 p.m. Call Ann Marie Arvoy at 303-604-5331.

### **Louisville Widowed Friends' Potluck:**

Meets 2<sup>nd</sup> Tuesday of the month, 12:00-2:00 p.m. Call Nina Hart 303-499-8554.

**Young Adults Group (ages 18-24):**

Meets 1<sup>st</sup> & 3<sup>rd</sup> Wednesdays of the month, 6:00-7:30 p.m. Call Amy Stahl 720-519-0559.

**Day By Day Support Group (Bereaved Spouses):**

For people 55 and younger who have lost a spouse. Meets 1<sup>st</sup> Tuesday of the month, 6:30-8:30 p.m. Call Jim Schott at 303-530-9108.

**Widowed Persons Service:**

This group of widows and widowers offer support to men and women who have lost a spouse and are ready to reinvest in life. Meets 2<sup>nd</sup> Wednesday of each month, 2:00-3:30 p.m. Call John Eifler at 303-665-6331.

**STRUCTURED GROUPS**

Provide education, support and grief work in a structured group format. Participants must register; small fee (scholarships available). Call 303-604-5300 for more information.

**Newly Bereaved Support Program:**

Support, information, and networking for persons with recent death losses. Sessions run three weeks in a row and begin each month.

**Eight-Week Bereavement Support Group:**

For anyone who has experienced a loss. Evening groups are held throughout the year, depending on enrollment.

**Eight-Week Bereaved Parent Group:**

For parents who have experienced the loss of a child of any age. Held throughout the year, depending on enrollment. Call Rose Swenby at 303-678-5755 for information.

**EDUCATIONAL PRESENTATIONS**

HospiceCare of Boulder and Broomfield Counties provides educational presentations on a variety of topics regarding dying, death, grief, and loss as well as grief support around death for your group or organization anywhere in Boulder and Broomfield Counties. These presentations can be tailored to fit your specific needs. For information, please call 303-604-5267.

**BODY AND SOUL**

Whether you're dealing with caregiving or grieving, this series is designed to nourish your body and soothe your soul.

**Step By Step Groups**

Combine exercise and support when you join up with our Walking or Hiking Group. These drop-in groups include trained HospiceCare volunteers and are designed for those dealing with grieving or caregiving issues. For information on either of these groups, call 303-604-5300.

**HospiceCare Grief and Education Center**

**1585 Patton Dr**

**Boulder, CO 80303**

**303-604-5300**

**[www.hospicecareonline.org](http://www.hospicecareonline.org)**