

Eight-Week Grief Support Group

Eight weeks of support and education specifically designed for those whose loved one died at least six months ago.

The loss of a loved one is a shattering experience. All parts of our being — body, mind and spirit — respond to the stress of loss. Intense feelings and reactions are normal during this time. Moving through the painful and confusing responses to grief requires understanding and support. The Eight-Week group provides a safe format to explore the grief process, your relationship with the deceased, and changes brought about by the death.

Date/Time: Groups are offered throughout the year depending on enrollment and generally meet for eight consecutive weeks. Please call for the next meeting date and time.

Facilitators: Groups are led by two experienced group facilitators who have completed specialized training in grief and loss with HospiceCare.

Location: Boulder, Lafayette and Longmont

To Register: Contact HospiceCare's Boulder office at 303.604.5300 or submit an online application. A counselor will contact you to ensure this group is a good fit for you.

Cost: No charge

