

Newly Bereaved Grief Support Group

Four weeks of support and education focusing on: What is happening to me? What do I do now? And what is next?

The weeks and months following the death of a loved one may be chaotic, painful and confusing; life will never be the same. This time may be filled with feelings and reactions we don't understand or know how to deal with. You may have experienced a loss some time ago, but the pain was too intense to face immediately. HospiceCare offers a group setting for those who are recently bereaved or just beginning the grief process. Sessions include information about grief, support to determine your own needs and coping skills, and time to share experiences. Handouts will provide additional material that can be shared with others.

Date/Time: New groups generally begin every month and meet at the same time for four weeks in a row. Please call for the next meeting date and time.

Facilitators: Sessions are led by experienced group facilitators who provide information and understanding in a safe, supportive and accepting environment.

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.

