

Trustbridge Bereavement Centers

Grief Support

Grief support programs are available to all who enter the journey of healing and transition after the death of their loved ones. Trustbridge bereavement support groups and workshops are open to the community and offered free of charge.

Beginning the Journey

The early days of the grieving process can be particularly difficult. A wide variety of emotions overtake one's life as the process of coping with the loss begins. The **Beginning the Journey** workshop provides an initial overview of the grief process and provides coping strategies. We invite you to begin your grief journey with the **Beginning the Journey** workshop. Our **Beginning the Journey** workshops are available to all without prior registration.

Open Support Groups

Open support groups provide an opportunity for adults who have lost a loved one to come together and share their struggles on various grief related topics. Most individuals find it helpful to wait 4-6 weeks following the loss of a loved one before attending a support group. Our open support groups are available to all without prior registration.

Loss-Specific Support Groups

Our loss-specific support groups are designed to help individuals share their grief and have contact with others who have had similar losses. Groups run for up to eight consecutive weeks. Loss-specific support groups are formed based on need. Before joining any group, each member will speak with a bereavement counselor. Please call **888.499.8393** for more information and to schedule a phone appointment.



Workshops

Our workshops are created and facilitated by our bereavement counselors and cover a variety of topics. Please call **888.499.8393** for information about upcoming workshops.

Sea Star Children's Programs

Our Sea Star Program provides services to meet the unique needs of children and teens who have lost a loved one. We provide grief support to children and teens focused on how younger individuals experience loss and healing. Our goal is to promote resiliency, hope, courage, and self-esteem. Please call **888.499.8393** for more information about our children's bereavement programs.



Please see the reverse side for a calendar of bereavement support options.

For additional information about Trustbridge bereavement support, please call **888.499.8393**.

Juno Beach – Trustbridge Office

801 Donald Ross Rd.
Juno Beach, FL 33408
Directions: The office is located in a free-standing building in Plaza La Mer, which is on the north side of Donald Ross Rd. 1/4th mile west of US Highway 1. If traveling from I-95, drive approximately 4 miles to Plaza La Mer.

West Palm Beach Trustbridge Office

John J. Brogan Bereavement Center
300 Northpoint Parkway, Suite 305
West Palm Beach, FL 33407
Directions: From I-95: exit at 45th St. and go west. Turn Right onto Northpoint Blvd. At the stop sign, turn left onto Northpoint Parkway. Take your second left into the parking lot of our building. Suite 305 is at the northwest corner of the building.

Boynton Beach - Trustbridge Office

1903 S. Congress Ave. Suite 201
Boynton Beach, FL 33426
Directions: From I-95, exit at Woolbright Rd. west, go south on Congress Ave., turn right into office park past Walgreens, on the west side of Congress.

Boca Raton – Trustbridge Care Center & Offices

1531 W. Palmetto Park Rd.
Boca Raton, FL 33486
Directions: From I-95, take the Palmetto Park Rd. exit. Head east, and proceed into the left lane as soon as possible. At the first light (Palmetto Park Square shopping center), move into the FAR LEFT turn lane and make a U-turn, then a quick right, and an immediate left onto the service road that runs parallel to Palmetto Park Rd. Follow the service road around the corner, where you will see a sign on your left for Trustbridge.

Belle Glade*

Lakeside Medical Center
39200 Hooker Hwy
Belle Glade, FL 33430
Directions: From N. Main Street, turn west on Hooker Hwy. Lakeside Medical Center will be on your left.

* Location may have changed. Please call to confirm the location prior to attending

Fort Lauderdale – Trustbridge Office

550 W. Cypress Creek Rd.
Fort Lauderdale, FL 33309
Directions: Located on West Cypress Creek Rd. between I-95 and Powerline Rd. The building is on the south side of the road. Go south at the traffic light at NW 6th Way. Trustbridge is in the 2nd building on your left, on the fifth floor.

Coral Springs - Kraeer Funeral Home

1655 N. University Dr.
Coral Springs, FL 33071
Directions: Located about 1 mile north of Atlantic Blvd. Turn east at NW 16th St. Funeral home/parking will be on your left.

Pompano Beach - Kraeer Funeral Home

200 W. Copans Rd.
Pompano Beach, FL 33064
Directions: East of I-95 on the south side of Copans Rd. West of Dixie Hwy. The sign at the gate says Forest Lawn North..



hospice | palliative care | home care

Upcoming Bereavement Support Groups

Juno Beach Trustbridge Office 801 Donald Ross Rd., Juno Beach, FL 33408

- Thursday, February 14th at 2:00 p.m. – Open Support Group – “Reconciling Your Grief”
- Wednesday, February 20th at 5:30 p.m. – “Beginning the Journey”
- Thursday, February 28th at 2:00 p.m. – Open Support Group - “Initial Responses to Loss”

West Palm Beach Trustbridge Office 300 Northpoint Parkway, Suite 305, WPB, FL 33407

- Tuesday, February 5th at 6:00 p.m. – Open Support Group – “Coping with Special Days”
- *Thursday, February 7th at 6:30 p.m. – Workshop for Grieving Children and Adults – “Reducing Vulnerability to Emotional Suffering”
- Monday, February 11th at 2:00 p.m. – Open Support Group – “Reality of the Loss”
- Monday, February 11th at 6:00 p.m. – Open Support Group for Parents of Young Children
- Monday, February 11th at 6:00 p.m. – Open Support Group for Young Children
- Tuesday, February 19th at 5:00 p.m. – “Beginning the Journey”
- Tuesday, February 19th 6:00 p.m. – Open Support Group – “Reconciling Your Grief”
- Monday, February 25th at 1:00 p.m. – “Beginning the Journey”
- Monday, February 25th at 2:00 p.m. – Open Support Group – “Coping with Special Days”
- Monday, February 25th at 6:00 p.m. – Open Support Group for Parents of Young Children
- Monday, February 25th at 6:00 p.m. – Open Support Group for Young Children

Boynton Beach Trustbridge Office 1903 S. Congress Ave. Suite 201, Boynton Beach, FL 33426

- Thursday, February 7th at 2:00 p.m. – Open Support Group – “Initial Responses to Loss”
- Tuesday, February 12th at 5:30 p.m. – “Beginning the Journey”
- Tuesday, February 12th at 6:00 p.m. – Open Support Group – “Secondary Losses”
- Thursday, February 7th at 1:30 p.m. – “Beginning the Journey”
- Thursday, February 7th at 2:00 p.m. – Open Support Group – “Normal Grief vs. Depression”
- *Friday, February 22nd at 1:00 p.m. – Workshop for Adults – “Healing Grief Through Yoga”
- Tuesday, February 26th at 6:00 p.m. – Open Support Group – “Stress Management”

Boca Raton Trustbridge Office 1531 W. Palmetto Park Rd., Boca Raton, FL 33486

- Saturday, February 2nd at 2:00 p.m. – Open Support Group – “Initial Responses to Loss”
- *Monday, February 4th at 2:00 p.m. – Workshop for Adults – “Healing Grief Through Yoga”
- Wednesday, February 6th at 5:30 p.m. – “Beginning the Journey”
- Wednesday, February 6th at 6:30 p.m. – Open Support Group – “Reconciling Your Grief”
- Monday, February 11th at 1:00 p.m. – “Beginning the Journey”
- Monday, February 11th at 2:00 p.m. – Open Support Group – “Guilt and Resentment”
- Saturday, February 16th at 2:00 p.m. – Open Support Group – “Normal Grief vs. Depression”
- Wednesday, February 20th at 6:30 p.m. – Open Support Group – “Initial Responses to Loss”
- Monday, February 25th at 2:00 p.m. – Open Support Group – “Reality of the Loss”

Belle Glade 39200 Hooker Hwy, Belle Glade, FL 33430 – Conference Room 1

- ***Monday, February 4th at 1:00 p.m. – Open Support Group – Location TBA
- Monday, February 18th at 1:00 p.m. – Open Support Group – “Coping with Grief”

Fort Lauderdale Trustbridge Office 550 W. Cypress Creek Rd., Fort Lauderdale, FL 33309

- Tuesday, February 5th at 6:30 p.m. – Open Support Group – “Guilt and Resentment”
- Tuesday, February 12th at 6:30 p.m. – Open Support Group – “Reality of the Loss”
- Tuesday, February 19th at 6:30 p.m. – Open Support Group – “Coping with Special Days”
- Thursday, February 21st at 2:00 p.m. – “Beginning the Journey”
- Tuesday, February 26th at 5:30 p.m. – “Beginning the Journey”
- Tuesday, February 26th at 6:30 p.m. – Open Support Group – “Reconciling Your Grief”

Coral Springs Kraeer Funeral Home 1655 N. University Dr., Coral Springs, FL 33071

- Tuesday, February 5th at 2:30 p.m. – Open Support Group – “Secondary Losses”
- Tuesday, February 12th at 2:30 p.m. – Open Support Group – “Stress Management”
- Tuesday, February 19th at 2:30 p.m. – Open Support Group – “Guilt and Resentment”
- Tuesday, February 26th at 2:30 p.m. – Open Support Group – “Reality of the Loss”

* Please call 888.499.8393 to register for the “Reducing Vulnerabilities to Emotional Suffering” and “Healing Grief Through Yoga” workshops

*** Please call 888.499.8393 for 2/4/2019 support group location