

Trustbridge Bereavement Centers

Grief Support

Grief support programs are available to family members and others who enter the journey of healing and transition after the death of their loved ones. The following bereavement support is open to the community and offered free of charge.

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. Groups are non-sequential, and you may attend any group at any time. Most individuals find it helpful to wait 4-6 weeks following the loss of a loved one before attending a support group.

The following topics will be covered during Open Support Groups. Numbers are provided as a key to reference topics on the calendar; you may attend any group in any order.

Topic 1	Initial Responses to Loss	Topic 5	Judgments: Guilt & Resentment
Topic 2	Normal Grief vs. Depression	Topic 6	Coping with the Reality of the Loss
Topic 3	Secondary Losses	Topic 7	Coping with Special Days
Topic 4	Stress Management	Topic 8	Signs that you are Reconciling Your Grief

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 eight weeks. Before joining any group, each member will speak with a bereavement counselor.



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

For additional information about Trustbridge bereavement support, please call **561.227.5175** or **954.267.3875**.

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. At the end of the ramp, 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 immediately see a sign on your left for Trustbridge.

Belle Glade*

Community United Methodist Church
401 SW 1st Street
Belle Glade, FL 33430
Directions: From N. Main St, turn west on MLK Jr Blvd W, make an immediate right on SW 1st St. The church will be on your right.
** 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

November 2018 Bereavement Support Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Open Support Group 3: (Boynton Beach 2:00p)	2	3 Open Support Group 3: (Boca Raton 2:00p)
4	5 Open Support Group: (Belle Glade, 5:15)	6 Open Support Group 2: (West Palm Beach 6:00p) Open Support Group 3: (Fort Lauderdale 6:30p)	7 Open Support Group 2: (Boca Raton 6:30p)	8 Open Support Group 3: (Juno Beach 2:00p)	9	10
11 Celebration of Life: (Delray Beach, 2pm; please call 888-499-8393 to RSVP)	12 Open Support Group 8: (West Palm Beach 2:00p) Open Support Group 8: (Boca Raton 2:00p)	13 Open Support Group 6: (Boynton Beach 6:00p) Open Support Group 4: (Fort Lauderdale 6:30p)	14	15 Open Support Group 4: (Boynton Beach 2:00p)	16 *Workshop: "Positive Affirmations to Help with the Grief Process" (Boca Raton)	17 *Workshop: "Getting Unstuck in the Grieving Process" (Juno Beach) Open Support Group 4: (Boca Raton 2:00p)
18	19 Open Support Group: (Belle Glade, 5:15)	20 Open Support Group 3: (West Palm Beach 6:00p) Open Support Group 5: (Fort Lauderdale 6:30p)	21 Open Support Group 3: (Boca Raton 6:30p)	22 Happy Thanksgiving! 	23	24
25	26 Open Support Group 1: (West Palm Beach 2:00p) Open Support Group 1: (Boca Raton 2:00p)	27 Open Support Group 7: (Boynton Beach 6:00p) Open Support Group 6: (Fort Lauderdale 6:30p) *Coping with Holidays Workshop (West Palm Beach 6:00p)	28	29	30	

Open Support Groups are non-sequential and may be attended in any order at any time. Numbers are provided as a reference to support group topics (key on reverse side). No registration is required for our Open Support Groups.

*Please call (888) 499-8393 or email bereavementevents@trustbridge.com to register for Coping with the Holidays, Positive Affirmations to Help with the Grief Process, or Getting Unstuck in the Grief Process. All workshops require pre-registration.

December 2018 Bereavement Support Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Open Support Group 5: (Boca Raton 2:00p)
2	3 Open Support Group: (Belle Glade, 1:00) Open Support Group: (Pompano Beach, 2:30) *Coping with Holidays Workshop (Boynton Beach, 2:00p)	4 Open Support Group 4: (West Palm Beach 6:00p) Open Support Group 8: (Fort Lauderdale 6:30p)	5 Open Support Group 4: (Boca Raton 6:30p)	6 Open Support Group 5: (Boynton Beach 2:00p)	7	8
9	10 Open Support Group 2: (West Palm Beach 2:00p) Open Support Group 2: (Boca Raton 2:00p) Open Support Group: (Pompano Beach, 2:30)	11 Open Support Group 8: (Boynton Beach 6:00p) Open Support Group: (Fort Lauderdale 6:30p)	12	13 Open Support Group 4: (Juno Beach 2:00p)	14	15 Open Support Group 6: (Boca Raton 2:00p)
16	17 Open Support Group: (Belle Glade, 1:00) Open Support Group: (Pompano Beach, 2:30)	18 Open Support Group 5: (West Palm Beach 6:00p)	19 Open Support Group 5: (Boca Raton 6:30p)	20 Open Support Group 6: (Boynton Beach 2:00p)	21	22
23	24 Open Support Group 3: (West Palm Beach 2:00p)	25 Christmas Holiday Offices Closed 	26	27 Open Support Group 5: (Juno Beach 2:00p)	28	29
30	31					

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*Please call (888) 499-8393 or email bereavementevents@trustbridge.com to register for Coping with the Holidays workshop. All workshops require pre-registration.