

A return to a sense of peace. To smile when you recall the memory of a loved one. Hope.

All of these things are possible, even though they may seem unimaginable given what you're feeling now.

At Trustbridge, you can draw on the education and experience that our professional caring staff has gained from helping others through their healing journey. Our grief support programs are available to the community and offered free of charge.



Beginning the Journey

The early days of the grieving process can be particularly difficult. We invite you to our Beginning the Journey workshop which provides an overview of grief and highlights strategies to help you during the early stages.

Open Support Groups

Open support groups provide an opportunity for adults to come together and share their struggles on various grief related topics.

Our Open Support Groups and Beginning the Journey workshops are available to all without prior registration.

Loss-Specific Support Groups

Our loss-specific support groups are designed to help individuals share their grief with others who have had similar losses. Please call **888.499.8393** to speak with a bereavement specialist about joining a loss-specific support group.

Workshops

Our workshops are created and facilitated by our expert bereavement specialists and cover a variety of topics.

Sea Star Children's Programs

Our Sea Star Children's Program provides grief support to children and teens who have experienced the death of a loved one. Through individual counseling, support groups, workshops, family fun events, and grief camps, our programs promote resiliency, hope, courage, and self-esteem.



Our bereavement team is here to help you realize that grief is a normal part of life and a natural continuation of your love for the one who died. **We are here for you.**

For more information about Trustbridge bereavement support, please visit our website at www.trustbridge.com/grief or call **888.499.8393**.

It is the priority of Trustbridge to safeguard the health and wellbeing of our patients and families at all times. We have temporarily suspended all in person bereavement counseling and are offering virtual and telephonic support at this time.

Trustbridge Virtual Bereavement Groups

APRIL 2021

Thursday, April 1st, 2021 at 6:30pm

Open Support Group

Secondary Losses

Monday, April 5th, 2021 at 3:00pm

Open Support Group

Coping with Special Days

Wednesday, April 7th, 2021 at 1:00pm

Beginning the Journey

Thursday, April 8th, 2021 at 6:30pm

Beginning the Journey

Tuesday, April 13th, 2021 at 6:30pm

Open Support Group

Initial Responses to Loss

Wednesday, April 14th, 2021 at 1:00pm

Open Support Group

Judgements: Guilt & Resentment

Thursday, April 15th, 2021 at 6:30pm

Open Support Group

Stress Management

Monday, April 19th, 2021 at 3:00pm

Open Support Group

Reconciling Your Grief

Wednesday, April 21st, 2021 at 1:00pm

Beginning the Journey

Thursday, April 22nd, 2021 at 6:30pm

Beginning the Journey

Tuesday, April 27th, 2021 at 6:30pm

Open Support Group

Normal Grief vs. Depression

Wednesday, April 28th, 2021 at 1:00pm

Open Support Group

Coping with the Reality of Loss

MAY 2021

Monday, May 3rd, 2021 at 3:00pm

Open Support Group

Initial Responses to Loss

Wednesday, May 5th, 2021 at 1:00pm

Beginning the Journey

Thursday, May 6th, 2021 at 6:30pm

Open Support Group

Judgements: Guilt & Resentment

Tuesday, May 11th, 2021 at 6:30pm

Open Support Group

Secondary Losses

Wednesday, May 12th, 2021 at 1:00pm

Open Support Group

Coping with Special Days

Thursday, May 13th, 2021 at 6:30pm

Beginning the Journey

Monday, May 17th, 2021 at 3:00pm

Open Support Group

Normal Grief vs. Depression

Wednesday, May 19th, 2021 at 1:00pm

Beginning the Journey

Thursday, May 20th, 2021 at 6:30pm

Open Support Group

Coping with the Reality of the Loss

Tuesday, May 25th, 2021 at 6:30pm

Open Support Group

Stress Management

Wednesday, May 26th, 2021 at 1:00pm

Open Support Group

Reconciling Your Grief

Thursday, May 27th, 2021 at 6:30pm

Beginning the Journey

June 2021

Wednesday, June 2nd, 2021 at 1:00pm

Beginning the Journey

Thursday, June 3rd, 2021 at 6:30pm

Open Support Group

Coping with Special Days

Monday, June 7th, 2021 at 3:00pm

Open Support Group

Secondary Losses

Tuesday, June 8th, 2021 at 6:30pm

Open Support Group

Judgements: Guilt & Resentment

Wednesday, June 9th, 2021 at 1:00pm

Open Support Group

Initial Responses to Loss

Thursday, June 10th, 2021 at 6:30pm

Beginning the Journey

Wednesday, June 16th, 2021 at 1:00pm

Beginning the Journey

Thursday, June 17th, 2021 at 6:30pm

Open Support Group

Reconciling Your Grief

Monday, June 21st, 2021 at 3:00pm

Open Support Group

Stress Management

Tuesday, June 22nd, 2021 at 6:30pm

Open Support Group

Coping with the Reality of the Loss

Wednesday, June 23rd, 2021 at 1:00pm

Open Support Group

Normal Grief vs. Depression

Thursday, June 24th, 2021 at 6:30pm

Beginning the Journey

Please call **888.499.8393** to register for a workshop and for information on how to attend these virtual groups.