

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

July 2021

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

Open Support Group

Initial Responses to Loss

Monday, July 5th, 2021

Holiday

No Groups

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

Beginning the Journey

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

Beginning the Journey

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

Open Support Group

Signs That You Are Reconciling Your Grief

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

Open Support Group

Secondary Losses

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

Open Support Group

Normal Grief vs. Depression

Saturday, July 17th, 2021 9:00am–2:00pm

Club Seahorse: Virtual Grief Camp*

Ages 10-12

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

Open Support Group

Guilt and Resentment

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

Beginning the Journey

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

Beginning the Journey

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

Open Support Group

Initial Responses to Loss

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

Open Support Group

Stress Management

Saturday, July 31st, 2021 9:00am–2:00pm

Camp Good Grief: Virtual Grief Camp*

Ages 13-17

August 2021

Monday, August 2nd, 2021 at 3:00pm

Open Support Group

Coping with the Reality of the Loss

Wednesday, August 4th, 2021 at 1:00pm

Beginning the Journey

Thursday, August 5th, 2021 at 6:30pm

Open Support Group

Secondary Losses

Tuesday, August 10th, 2021 at 6:30pm

Open Support Group

Normal Grief vs. Depression

Wednesday, August 11th, 2021 at 1:00pm

Open Support Group

Guilt and Resentment

Thursday, August 12th, 2021 at 6:30pm

Beginning the Journey

Monday, August 16th, 2021 at 3:00pm

Open Support Group

Coping with Special Days

Wednesday, August 18th, 2021 at 1:00pm

Beginning the Journey

Thursday, August 19th, 2021 at 6:30pm

Open Support Group

Stress Management

Tuesday, August 24th, 2021 at 6:30pm

Open Support Group

Secondary Losses

Wednesday, August 25th, 2021 at 1:00pm

Open Support Group

Coping with the Reality of the Loss

Thursday, August 26th, 2021 at 6:30pm

Beginning the Journey

September 2021

Wednesday, September 1st, 2021 at 1:00pm

Beginning the Journey

Thursday, September 2nd, 2021 at 6:30pm

Open Support Group

Guilt and Resentment

Monday, September 6th, 2021

Holiday

No Groups

Wednesday, September 8th, 2021 at 1:00pm

Open Support Group

Coping with Special Days

Thursday, September 9th, 2021 at 6:30pm

Beginning the Journey

Tuesday, September 14th, 2021 at 6:30pm

Open Support Group

Stress Management

Wednesday, September 15th, 2021 at 1:00pm

Beginning the Journey

Thursday, September 16th, 2021 at 6:30pm

Open Support Group

Coping with the Reality of the Loss

Monday, September 20th, 2021 at 3:00pm

Open Support Group

Signs That You Are Reconciling Your Grief

Wednesday, September 22nd, 2021 at 1:00pm

Open Support Group

Signs That You Are Reconciling Your Grief

Thursday, September 23rd, 2021 at 6:30pm

Beginning the Journey

Tuesday, September 28th, 2021 at 6:30pm

Open Support Group

Guilt and Resentment

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