

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

October 2021

Monday, October 4th, 2021 at 2:00pm

Open Support Group

Initial Responses to Loss

Wednesday, October 6th, 2021 at 2:00pm

Beginning the Journey

Thursday, October 7th, 2021 at 6:30pm

Open Support Group

Coping with Special Days

Tuesday, October 12th, 2021 at 6:30pm

Open Support Group

Coping with the Reality of the Loss

Wednesday, October 13th, 2021 at 2:00pm

Open Support Group

Initial Responses to Loss

Thursday, October 14th, 2021 at 6:30pm

Beginning the Journey

Saturday, October 16th, 2021 9:00am-3:00pm

Club Seahorse: Children's Camp at FAU*

Ages 10-17

Monday, October 18th, 2021 at 2:00pm

Open Support Group

Normal Grief vs. Depression

Wednesday, October 20th, 2021 at 2:00pm

Beginning the Journey

Thursday, October 21st, 2021 at 6:30pm

Open Support Group

Signs That You Are Reconciling Your Grief

Tuesday, October 26th, 2021 at 6:30pm

Open Support Group

Coping with Special Days

Wednesday, October 27th, 2021 at 2:00pm

Open Support Group

Normal Grief vs. Depression

Thursday, October 28th, 2021 at 6:30pm

Beginning the Journey

November 2021

Monday, November 1st, 2021 at 2:00pm

Open Support Group

Secondary Losses

Wednesday, November 3rd, 2021 at 2:00pm

Beginning the Journey

Thursday, November 4th, 2021 at 6:30pm

Open Support Group

Initial Response to Loss

Tuesday, November 9th, 2021 at 6:30pm

Open Support Group

Signs That You Are Reconciling Your Grief

Wednesday, November 10th, 2021 at 2:00pm

Open Support Group

Secondary Losses

Thursday, November 11th, 2021 9:00am-3:00pm

Camp Good Grief: Children's Camp at FAU*

Ages 10-17

Thursday, November 11th, 2021 at 6:30pm

Beginning the Journey

Monday, November 15th, 2021 at 2:00pm

Open Support Group

Stress Management

Wednesday, November 17th, 2021 at 2:00pm

Beginning the Journey

Thursday, November 18th, 2021 at 6:30pm

Open Support Group

Normal Grief vs. Depression

Tuesday, November 23rd, 2021 at 6:30pm

Open Support Group

Initial Responses to Loss

Wednesday, November 24th, 2021 at 2:00pm

Open Support Group

Stress Management

Thursday, November 25th, 2021 at 2:00pm

Holiday

No Groups

December 2021

Wednesday, December 1st, 2021 at 2:00pm

Beginning the Journey

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

Open Support Group

Secondary Losses

Monday, December 6th, 2021 at 2:00pm

Open Support Group

Guilt and Resentment

Monday, December 6th, 2021 at 6:00pm
**Angel Ceremony: A Time of Hope and Healing in
Memory of Our Children, Lake Park, FL ***

Wednesday, December 8th, 2021 at 2:00pm

Open Support Group

Guilt and Resentment

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

Beginning the Journey

Saturday, December 11th, 2021 11:00am-3:00pm

**Children's Event: Holiday Bowling Party with
Visit from Santa, Greenacres, FL ***

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

Open Support Group

Normal Grief vs. Depression

Wednesday, December 15th, 2021 at 2:00pm

Beginning the Journey

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

Open Support Group

Stress Management

Monday, December 20th, 2021 at 2:00pm

Open Support Group

Coping with the Reality of the Loss

Wednesday, December 22nd, 2021 at 2:00pm

Open Support Group

Coping with the Reality of the Loss

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

Beginning the Journey

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

Open Support Group

Secondary Losses