

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

January 2022

Monday, January 3rd, 2022 at 2:00pm
Open Support Group
Signs That You Are Reconciling Your Grief

Thursday, January 6th, 2022 at 6:30pm
Beginning the Journey

Monday, January 10th, 2022 at 2:00pm
Beginning the Journey

Tuesday, January 11th, 2022 at 6:30pm
Open Support Group
Stress Management

Wednesday, January 12th, 2022 at 2:00pm
Open Support Group
Coping with Special Days

Thursday, January 13th, 2022 at 6:30pm
Open Support Group
Guilt and Resentment

Monday, January 17th, 2022 at 2:00pm
Open Support Group
Initial Responses to Loss

Thursday, January 20th, 2022 at 2:00pm
Beginning the Journey

Monday, January 24th, 2022 at 2:00pm
Beginning the Journey

Tuesday, January 25th, 2022 at 6:30pm
Open Support Group
Guilt and Resentment

Wednesday, January 26th, 2022 at 2:00pm
Open Support Group
Signs That You Are Reconciling Your Grief

Thursday, January 27th, 2022 at 6:30pm
Open Support Group
Coping with the Reality of the Loss

February 2022

Thursday, February 3rd, 2022 at 6:30pm
Beginning the Journey

Monday, February 7th, 2022 at 2:00pm
Open Support Group
Normal Grief vs. Depression

Tuesday, February 8th, 2022 at 6:30pm
Open Support Group
Coping with the Reality of the Loss

Wednesday, February 9th, 2022 at 2:00pm
Open Support Group
Initial Responses to Loss

Thursday, February 10th, 2022 at 6:30pm
Open Support Group
Coping with Special Days

Monday, February 14th, 2022 at 2:00pm
Beginning the Journey

Thursday, February 17th, 2022 at 6:30pm
Beginning the Journey

Monday, February 21st, 2022 at 2:00pm
Open Support Group
Secondary Losses

Tuesday, February 22nd, 2022 at 6:30pm
Open Support Group
Coping with Special Days

Wednesday, February 23rd, 2022 at 2:00pm
Open Support Group
Normal Grief vs. Depression

Thursday, February 24th, 2022 at 6:30pm
Open Support Group
Signs that You Are Reconciling Your Grief

Monday, February 28th, 2022 at 2:00pm
Beginning the Journey

March 2022

Thursday, March 3rd, 2022 at 10:00am
In-Person Workshop: Grief Beach Walk at Ocean Reef Park*

Thursday, March 3rd, 2022 at 6:30pm
Beginning the Journey

Monday, March 7th, 2022 at 2:00pm
Open Support Group
Stress Management

Tuesday, March 8th, 2022 at 6:30pm
Open Support Group
Signs That You Are Reconciling Your Grief

Wednesday, March 9th, 2022 at 2:00pm
Open Support Group
Secondary Losses

Thursday, March 10th, 2022 at 6:30pm
Open Support Group
Initial Responses to Loss

Monday, March 14th, 2022 at 2:00pm
Beginning the Journey

Thursday, March 17th, 2022 at 6:30pm
Beginning the Journey

Friday, March 18th – Sunday, March 20th, 2022
Camp Good Grief, Ages 8-17*
Call for details after January 15th

Monday, March 21st, 2022 at 2:00pm
Open Support Group
Guilt and Resentment

Tuesday, March 22nd, 2022 at 6:30pm
Open Support Group
Initial Responses to Loss

Wednesday, March 23rd, 2022 at 2:00pm
Open Support Group
Stress Management

Thursday, March 24th, 2022 at 6:30pm
Open Support Group
Normal Grief vs. Depression

Monday, March 28th, 2022 at 2:00pm
Beginning the Journey