

# Trustbridge Bereavement Centers

## Grief Support

Hospice of Palm Beach County  
Hospice by the Sea  
trustbridge 

*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](http://www.trustbridge.com/grief) or call **888.499.8393**.

## Trustbridge Virtual Bereavement Groups

April 2022

Monday, April 4th, 2022 at 2:00 pm  
**Open Support Group**  
*Coping With the Reality of the Loss*

Thursday, April 7th, 2022 at 6:30 pm  
**Beginning the Journey**

Monday, April 11th, 2022 at 2:00 pm  
**Beginning the Journey**

Tuesday, April 12th, 2022 at 6:30 pm  
**Open Support Group**  
*Normal Grief vs. Depression*

Wednesday, April 13th, 2022 at 2:00 pm  
**Open Support Group**  
*Guilt and Resentment*

Thursday, April 14th, 2022 at 6:30 pm  
**Open Support Group**  
*Secondary Losses*

Monday, April 18th, 2022 at 2:00 pm  
**Open Support Group**  
*Coping with Special Days*

Thursday, April 21st, 2022 at 6:30 pm  
**Beginning the Journey**

Monday, April 25th, 2022 at 2:00 pm  
**Beginning the Journey**

Tuesday, April 26th, 2022 at 6:30 pm  
**Open Support Group**  
*Secondary Losses*

Wednesday, April 27th, 2022 at 2:00 pm  
**Open Support Group**  
*Coping With the Reality of the Loss*

Thursday, April 28th, 2022 at 6:30 pm  
**Open Support Group**  
*Stress Management*

\*Please call **888.499.8393** for information on how to register for these virtual groups. For additional information regarding Trustbridge Bereavement Services, please visit [trustbridge.com](http://trustbridge.com).