



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

May 2022

Thursday, May 5th, 2022 at 6:30 pm

**Open Support Group**

*Guilt and Resentment*

Monday, May 9th, 2022 at 2:00 pm

**Beginning the Journey**

Tuesday, May 10th, 2022 at 6:30 pm

**Open Support Group**

*Stress Management*

Wednesday, May 11th, 2022 at 2:00 pm

**Open Support Group**

*Coping With Special Days*

Thursday, May 12th, 2022 at 6:30 pm

**Beginning the Journey**

Thursday, May 19th, 2022 at 6:30 pm

**Open Support Group**

*Coping With the Reality of the Loss*

Monday, May 23rd, 2022 at 2:00 pm

**Beginning the Journey**

Tuesday, May 24th, 2022 at 6:30 pm

**Open Support Group**

*Guilt and Resentment*

Wednesday, May 25th, 2022 at 2:00 pm

**Open Support Group**

*Signs That You Are Reconciling Your Grief*

Thursday, May 26th, 2022 at 6:30 pm

**Beginning the Journey**

## Outdoor, In-Person Bereavement Groups in Boca Raton

May 2022

Monday, May 2nd, 2022 at 10:30 am

**Open Support Group**

*Signs That You Are Reconciling Your Grief*

Monday, May 16th, 2022 at 10:30 am

**Open Support Group**

*Initial Responses to Loss*

\*Please call **561.227.5175** for more information and to reserve a spot for these in-person groups. Space is limited.