

# 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.**

## Trustbridge Virtual Bereavement Groups

August 2022

Thursday, August 4th, 2022 at 6:30 pm  
**Open Support Group**  
*Secondary Losses*

Tuesday, August 9th, 2022 at 6:30 pm  
**Open Support Group**  
*Normal Grief vs. Depression*

Wednesday, August 10th, 2022 at 2:00 pm  
**Open Support Group**  
*Judgments: Guilt & Resentment*

Thursday, August 11th, 2022 at 6:30 pm  
**Beginning the Journey**

Thursday, August 18th, 2022 at 6:30 pm  
**Open Support Group**  
*Stress Management*

Tuesday, August 23rd, 2022 at 6:30 pm  
**Open Support Group**  
*Secondary Losses*

Wednesday, August 24th, 2022 at 2:00 pm  
**Open Support Group**  
*Coping With the Reality of the Loss*

Thursday, August 25th, 2022 at 6:30 pm  
**Beginning the Journey**

## In-Person Open Support Groups

Boca Raton

Wednesday, August 3rd, 2022 at 10:00 am  
**Beginning the Journey**

Wednesday, August 3rd, 2022 at 10:30 am  
**Open Support Group**  
*Signs That You Are Reconciling Your Grief*

Monday, August 8th, 2022 at 6:30 pm  
**Open Support Group**  
*Initial Responses to Loss*

Monday, August 22nd, 2022 at 6:00 pm  
**Beginning the Journey**

Monday, August 22nd, 2022 at 6:30 pm  
**Open Support Group**  
*Normal Grief vs. Depression*

West Palm Beach

Monday, August 8th, 2022 at 10:30 am  
**Beginning the Journey**

Monday, August 8th, 2022 at 11:00 am  
**Open Support Group**  
*Stress Management*

Monday, August 22nd, 2022 at 11:00 am  
**Open Support Group**  
*Judgments: Guilt & Resentment*

Please call **888-499-8393** for more information and to register for groups.

For additional information regarding Trustbridge Bereavement Services, please visit  
[www.trustbridge.com/grief](http://www.trustbridge.com/grief)