

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.**

December 2022 Virtual Open Support Groups

Thursday, December 1st, 2022 at 6:00 pm
Beginning the Journey

Thursday, December 1st, 2022 at 6:30 pm
Open Support Group
Stress Management

Wednesday, December 7th, 2022 at 2:00 pm
Open Support Group
Guilt and Resentment

Tuesday, December 13th, 2022 at 6:30 pm
Open Support Group
Initial Responses to Loss

Thursday, December 15th, 2022 at 6:30 pm
Open Support Group
Guilt and Resentment

Wednesday, December 21st, 2022 at 2:00 pm
Open Support Group
Coping With the Reality of the Loss

Tuesday, December 27th, 2022 at 5:45 pm
Beginning the Journey

Tuesday, December 27th, 2022 at 6:30 pm
Open Support Group
Normal Grief vs. Depression

In-Person Open Support Groups

1531 W. Palmetto Park Road, Boca Raton 33486

Wednesday, December 7th, 2022 at 10:00 am
Beginning the Journey

Wednesday, December 7th, 2022 at 10:30 am
Open Support Group
Coping With Special Days

Monday, December 12th, 2022 at 6:30 pm
Open Support Group
Initial Responses to Loss

Wednesday, December 21st, 2022 at 10:30 am
Open Support Group
Signs That You are Reconciling Your Grief

Monday, December 26th, 2022 at 6:00 pm
Holiday- No Groups

300 Northpoint Parkway, Suite 305, WPB 33407

Monday, December 12th, 2022 at 10:30 am
Beginning the Journey

Monday, December 12th, 2022 at 11:00 am
Open Support Group
Stress Management

Monday, December 26th, 2022
Holiday- No Groups

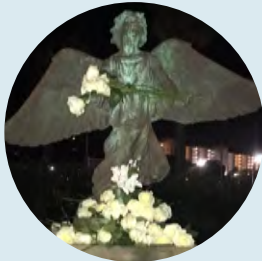
1903 S Congress Ave, Ste 201, Boynton Beach 33426

Thursday, December 8th, 2022 at 1:30 pm
Beginning the Journey

Thursday, December 8th, 2022 at 2:00 pm
Open Support Group
Stress Management

Thursday, December 22nd, 2022 at 2:00 pm
Open Support Group
Guilt and Resentment

Upcoming Special Events



Tuesday, December 6th, 2022 at 7:00 pm
Angel Ceremony: a special evening to honor our children who have died
Kelsey Park, 725 Lake Shore Drive, Lake Park

Upcoming Children's Events



Saturday, December 10th, 2022 from 11:00 am – 1:00 pm
Holiday Family Bowling Party: with a visit from Santa
Greenacres Bowl, 6126 Lake Worth Rd, Greenacres
Space is limited. Please call **888-499-8393** to reserve.



Thursday, December 29th, 2022 at 7:00 pm
Miami City Ballet Presents The Nutcracker
Kravis Center, West Palm Beach
Complimentary Tickets for our families on a first-come, first-served basis!
Please call **888-499-8393** to reserve.