

*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.**

## March 2023 Virtual Open Support Groups

Wednesday, March 1st, 2023 at 2:00 pm  
Open Support Group

Thursday, March 2nd, 2023 at 6:00 pm  
Beginning the Journey

Thursday, March 2nd, 2023 at 6:30 pm  
Open Support Group

Tuesday, March 14th, 2023 at 6:30 pm  
Open Support Group

Wednesday, March 15th, 2023 at 2:00 pm  
Open Support Group

Thursday, March 16th, 2023 at 6:30 pm  
Open Support Group

Tuesday, March 28th, 2023 at 5:45 pm  
Beginning the Journey

Tuesday, March 28th, 2023 at 6:30 pm  
Open Support Group

## In-Person Open Support Groups

1531 W. Palmetto Park Road, Boca Raton 33486

Wednesday, March 1st, 2023 at 10:00 am  
Beginning the Journey

Wednesday, March 1st, 2023 at 10:30 am  
Open Support Group

Monday, March 13th, 2023 at 6:30 pm  
Open Support Group

Wednesday, March 15th, 2023 at 10:30 am  
Open Support Group

Monday, March 27th, 2023 at 6:00 pm  
Beginning the Journey

Monday, March 27th, 2023 at 6:30 pm  
Open Support Group

300 Northpoint Parkway, Suite 305, WPB 33407

Monday, March 13th, 2023 at 10:30 am  
Beginning the Journey

Monday, March 13th, 2023 at 11:00 am  
Open Support Group

Monday, March 27th, 2023 at 11:00 am  
Open Support Group

1903 S Congress Ave, Ste 201, Boynton Beach 33426

Thursday, March 9th, 2023 at 1:30 pm  
Beginning the Journey

Thursday, March 9th, 2023 at 2:00 pm  
Open Support Group

Thursday, March 23rd, 2023 at 2:00 pm  
Open Support Group

550 W. Cypress Creek Rd, Ste 560, Ft. Lauderdale 33309

Tuesday, March 7th, 2023 at 2:30 pm  
Open Support Group

Tuesday, March 21st, 2023 at 2:30 pm  
Open Support Group

Special Events



Saturday, March 18th, 2023  
9:00 am – 9:00 pm  
Camp Good Grief: Ages 8-17  
Call 888-499-8393 for details.