

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.

Please call **888.499.8393** for more information, and to register for virtual groups and special events. For additional information regarding Trustbridge Bereavement Services, please visit [trustbridge.com](https://www.trustbridge.com).

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.**

2023 Virtual Support Groups

Beginning the Journey

First Thursday at 6:00 pm
Fourth Tuesday at 5:45 pm

Open Support Groups

First and Third Thursday at 6:30 pm
Second and Fourth Tuesday at 6:30 pm

In-Person Open Support Groups

1531 W. Palmetto Park Road, Boca Raton 33486

Beginning the Journey

First Wednesday at 10:00 am
Fourth Monday at 6:00 pm

Open Support Groups

First and Third Wednesday at 10:30 am
Second and Fourth Monday at 6:30 pm

300 Northpoint Parkway, Suite 305, WPB 33407

1903 S Congress Ave, Ste 201, Boynton Beach 33426

Beginning the Journey

Second Monday at 10:30 am

Open Support Groups:

Second and Fourth Monday at 11:00 am

Beginning the Journey

Second Thursday at 1:30 pm

Open Support Groups

Second and Fourth Thursday at 2:00 pm

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

Open Support Groups

First and Third Tuesday at 2:30 pm