

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.



The Nature of Grief

The early days of the grieving process can be particularly difficult. Our bereavement services begin with The Nature of Grief workshop which provides an overview of grief and offers strategies to help you during the early stages. After that, you may choose from our Open Support Groups.

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**.

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.**

October 2023 Virtual Support Groups

Thursday, October 5th, 2023 at 5:00 pm
[The Nature of Grief \(attend once\)](#)

Thursday, October 19th, 2023 at 6:30 pm
[Open Support Group - All Losses](#)

Thursday, October 5th, 2023 at 6:30 pm
[Open Support Group - All Losses](#)

Tuesday, October 24th, 2023 at 6:30 pm
[Open Support Group - All Losses](#)

Tuesday, October 10th, 2023 at 6:30 pm
[Open Support Group - All Losses](#)

In-Person Support Groups

Boca Raton

1531 W. Palmetto Park Road, Boca Raton 33486

Wednesday, October 4th, 2023 at 10:30 am
[Open Support Group - All Losses](#)

Monday, October 23rd, 2023 at 5:00 pm
[Nature of Grief \(attend once\)](#)

Monday, October 9th, 2023 at 6:30 pm
[Open Support Group - All Losses](#)

Monday, October 23rd, 2023 at 6:30 pm
[Open Support Group - All Losses](#)

Wednesday, October 18th, 2023 at 10:30 am
[Open Support Group - All Losses](#)

Boynton Beach

1903 S Congress Ave, Ste 201, Boynton Beach 33426

Tuesday, October 3rd, 2023 at 6:30 pm
[Open Support Group - All Losses](#)

Tuesday, October 17th, 2023 at 6:30 pm
[Open Support Group - All Losses](#)

Wednesday, October 4th, 2023 at 6:30 pm
[Loss of a Parent Support Group](#)

Wednesday, October 18th, 2023 at 6:30 pm
[Loss of a Parent Support Group](#)

Wednesday, October 11th, 2023 at 10:00 am
[The Nature of Grief \(attend once\)](#)

Thursday, October 26th, 2023 at 2:00 pm
[Open Support Group - All Losses](#)

Thursday, October 12th, 2023 at 2:00 pm
[Open Support Group - All Losses](#)

West Palm Beach

300 Northpoint Parkway, Suite 305, WPB 33407

Fort Lauderdale

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

Monday, October 9th, 2023 at 9:30 am
[The Nature of Grief \(attend once\)](#)

Tuesday, October 3rd, 2023 at 2:30 pm
[Open Support Group - All Losses](#)

Monday, October 9th, 2023 at 11:00 am
[Open Support Group - All Losses](#)

Tuesday, October 17th, 2023 at 2:30 pm
[Open Support Group - All Losses](#)

Monday, October 23rd, 2023 at 11:00 am
[Open Support Group - All Losses](#)

Pompano Beach: John Knox Village, The Woodlands Building

700 SW 4th St. Pompano Beach, FL. 33060; use Main Entrance on SW 4 Street

Tuesday, October 10th, 2023 at 6:30 pm*
[Open Support Group - All Losses](#)

*Please call 888-499-8393 to add your name to the list (for gate entrance) for this group only