

At Trustbridge, our mission is to bring a sense of peace and hope to those who are grieving the loss of a loved one.

We understand that during this difficult time, it may feel unimaginable to ever smile again when recalling memories of your loved one. However, with the support of our professional caring staff, we believe that healing and finding solace is possible.

Our team at Trustbridge is comprised of highly educated and experienced professionals who are dedicated to providing compassionate care. We have gained valuable expertise in navigating the complexities of grief and helping individuals find their way back to a place of peace.

We want you to know that you don't have to face this journey alone. Trustbridge is here for you every step of the way, offering support and guidance as you navigate through your grief. Together, we can help you find hope and create new memories that will bring a smile back to your face when remembering your loved one.



### **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 Nature of Grief 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.**

Please call **888.499.8393** for more information or to register for virtual groups and special events.

For additional information regarding Trustbridge Bereavement Services, please visit **trustbridge.com**.

# Nature of Grief -

## Attend once prior to attending other support groups

### Virtual

Thursday, February 1st, 2024 at 5:00 pm  
 Tuesday, February 20th, 2024 at 6:30 pm

### In Person

Wednesday, February 7th, 2024 at 9:00 am - 1531 W. Palmetto Park Road, Boca Raton  
 Monday, February 12th, 2024 at 1:00 pm - 300 Northpoint Parkway, Ste 305, West Palm Beach  
 Wednesday, February 14th, 2024 at 10:00 am - 1903 S. Congress Ave., Ste 201, Boynton Beach  
 Tuesday, February 20th, 2024 at 6:30 pm - 1531 W. Palmetto Park Road, Boca Raton  
 Monday, February 26th, 2024 at 5:00 pm - 300 Northpoint Parkway, Ste 305, West Palm Beach  
 Tuesday, February 27th, 2024 at 6:30 pm - 1903 S. Congress Ave., Ste 201, Boynton Beach

**Select any the sessions below after attending the Nature of Grief once.**

### Virtual Open Support Groups

Thursday, February 1st, 2024 at 6:30 pm - Open Support Group  
 Tuesday, February 13th, 2024 at 6:30 pm - Open Support Group  
 Thursday, February 15th, 2024 at 6:30 pm - Open Support Group  
 Tuesday, February 27th, 2024 at 6:30 pm - Open Support Group

### In Person Support Groups

Fort Lauderdale 550 W. Cypress Creek Rd., Suite 560, Fort Lauderdale	West Palm Beach 300 Northpoint Parkway, Suite 305, WPB
<p><b>Tuesday, February 6th, 2024 at 2:30 pm</b>  <i>Open Support Group</i></p> <p><b>Tuesday, February 20th, 2024 at 2:30 pm</b>  <i>Open Support Group</i></p>	<p><b>Monday, February 12th, 2024 at 11:00 am</b>  <i>Open Support Group</i></p> <p><b>Wednesday, February 21st, 2024 at 11:00 am</b>  <i>Loss of an Adult Child Open Support Group</i></p> <p><b>Monday, February 26th, 2024 at 11:00 am</b>  <i>Open Support Group</i></p>
Boynton Beach 1903 S. Congress Avenue, Suite 201, Boynton Beach	Boca Raton 1531 W. Palmetto Park Road, Boca Raton
<p><b>Tuesday, February 6th, 2024 at 6:30 pm</b>  <i>Open Support Group</i></p> <p><b>Thursday, February 8th, 2024 at 2:00 pm</b>  <i>Open Support Group</i></p> <p><b>Wednesday, February 14th, 2024 at 11:00 am</b>  <i>Loss of an Adult Child Open Support Group</i></p> <p><b>Tuesday, February 20th, 2024 at 6:30 pm</b>  <i>Open Support Group</i></p> <p><b>Thursday, February 22nd, 2024 at 2:00 pm</b>  <i>Open Support Group</i></p>	<p><b>Wednesday, February 7th, 2024 at 10:30 am</b>  <i>Open Support Group</i></p> <p><b>Monday, February 12th, 2024 at 6:30 pm</b>  <i>Open Support Group</i></p> <p><b>Wednesday, February 21st, 2024 at 10:30 am</b>  <i>Open Support Group</i></p> <p><b>Monday, February 26th, 2024 at 6:30 pm</b>  <i>Open Support Group</i></p>

**Pompano Beach: John Knox Village,  
 The Woodlands Building, 700 SW 4th St., Pompano Beach, FL 33060;  
 use Main Entrance on SW 4th St.**

**Tuesday, February 13th, 2024 at 6:30 pm\***

**\*Please call 888-499-8393 at add your name to the list for gate entrance for this group only.**