

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](https://www.trustbridge.com).

# Nature of Grief -

## Attend once prior to attending other support groups

### Virtual

**Thursday, May 9th, 2024 at 6:30 pm**  
**Wednesday, May 22nd, 2024 at 10:00 am**  
**Thursday, May 23rd, 2024 at 6:30 pm**

### In Person

**Wednesday, May 1st, 2024 at 9:00 am - 1531 W. Palmetto Park Road, Boca Raton**  
**Wednesday, May 8th, 2024 at 10:00 am - 1903 S. Congress Ave., Ste 201, Boynton Beach**  
**Monday, May 13th, 2024 at 1:00 pm - 300 Northpoint Parkway, Ste 305, West Palm Beach**  
**Tuesday, May 14th, 2024 at 6:30 pm - 1903 S. Congress Ave., Ste 201, Boynton Beach**  
**Monday, May 20th, 2024 at 5:00 pm - 300 Northpoint Parkway, Ste 305, West Palm Beach**  
**Tuesday, May 21st, 2024 at 6:30 pm - 1531 W. Palmetto Park Road, Boca Raton**

**Select any of the sessions below after attending the Nature of Grief once.**  
**Virtual Open Support Groups**

**Thursday, May 2nd, 2024 at 6:30 pm - Loss of a Partner/Spouse Open Support Group**  
**Thursday, May 16th, 2024 at 6:30 pm - Loss of a Parent Open Support Group**  
**Tuesday, May 28th, 2024 at 6:30 pm - Open Support Group**

## In Person Support Groups

<b>Fort Lauderdale</b> 550 W. Cypress Creek Rd., Suite 560, Fort Lauderdale	<b>West Palm Beach</b> 300 Northpoint Parkway, Suite 305, WPB
<p style="text-align: center;"> <b>Tuesday, May 7th, 2024 at 2:30 pm</b>  <i>Open Support Group</i> </p> <p style="text-align: center;"> <b>Tuesday, May 21st, 2024 at 2:30 pm</b>  <i>Open Support Group</i> </p>	<p style="text-align: center;"> <b>Monday, May 13th, 2024 at 11:00 am</b>  <i>Open Support Group</i> </p> <p style="text-align: center;"> <b>Monday, May 20th, 2024 at 1:00 pm</b>  <i>Loss of an Adult Child Open Support Group</i> </p> <p style="text-align: center;"> <b>Monday, May 27th, 2024 at 11:00 am</b>  <i>Holiday - No Groups</i> </p>
<b>Boynton Beach</b> 1903 S. Congress Avenue, Suite 201, Boynton Beach	<b>Boca Raton</b> 1531 W. Palmetto Park Road, Boca Raton
<p style="text-align: center;"> <b>Thursday, May 2nd, 2024 at 11:30 am</b>  <i>Loss of an Adult Child Open Support Group</i> </p> <p style="text-align: center;"> <b>Tuesday, May 7th, 2024 at 6:30 pm</b>  <i>Open Support Group</i> </p> <p style="text-align: center;"> <b>Thursday, May 9th, 2024 at 2:00 pm</b>  <i>Open Support Group</i> </p> <p style="text-align: center;"> <b>Thursday, May 16th, 2024 at 11:30 am</b>  <i>Loss of an Adult Child Open Support Group</i> </p> <p style="text-align: center;"> <b>Tuesday, May 21st, 2024 at 6:30 pm</b>  <i>Open Support Group</i> </p> <p style="text-align: center;"> <b>Thursday, May 23rd, 2024 at 2:00 pm</b>  <i>Open Support Group</i> </p>	<p style="text-align: center;"> <b>Wednesday, May 1st, 2024 at 10:30 am</b>  <i>Open Support Group</i> </p> <p style="text-align: center;"> <b>Monday, May 13th, 2024 at 6:30 pm</b>  <i>Open Support Group</i> </p> <p style="text-align: center;"> <b>Wednesday, May 15th, 2024 at 10:30 am</b>  <i>Open Support Group</i> </p> <p style="text-align: center;"> <b>Monday, May 27th, 2024 at 6:30 pm</b>  <i>Holiday - No Groups</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, May 14th, 2024 at 6:30 pm\***  
**\*Please call 888-499-8393 to add your name to the list for gate entrance for this group only.**