

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

## THE NATURE OF GRIEF

Please attend once prior to attending support groups. All groups are one hour long.

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

*The Nature of Grief* and our Open Support Groups are available to all without prior registration.

*\*Please see the group schedule on the reverse page.*

### THE NATURE OF GRIEF : VIRTUAL

Thursday, September 12 - 6:30pm

Wednesday, September 18 - 10:00am

Thursday, September 26 - 6:30pm

### THE NATURE OF GRIEF : IN-PERSON

Monday, September 2 - **Holiday : No Group Session**

Wednesday, September 4 - 12:00pm : 1531 W. Palmetto Park Road, Boca Raton

Tuesday, September 10 - 6:30pm : 1903 S. Congress Avenue, Suite 201, Boynton Beach

Wednesday, September 18 - 5:00pm : 300 Northpoint Parkway, Suite 305, West Palm Beach

Thursday, September 19 - 2:30pm : 550 W. Cypress Creek Road, Suite 560, Fort Lauderdale

Tuesday, September 24 - 6:30pm : 1531 W. Palmetto Park Road, Boca Raton

Wednesday, September 25 - 10:00am : 1903 S. Congress Avenue, Suite 201, Boynton Beach



Please call 888-499-8393 for more information or to register for virtual groups.

For additional information regarding Trustbridge Bereavement Services, please visit [trustbridge.com/grief-support](https://trustbridge.com/grief-support)

## OPEN SUPPORT GROUPS

Select any of the below after attending *The Nature of Grief* once. Each group is one hour.

These groups provide an opportunity for adults to come together and share their struggles on various grief related topics.

Open Support Groups are available to all without prior registration.

*\*Please see "The Nature of Grief" schedule on reverse page.*

### OPEN SUPPORT GROUPS : VIRTUAL

Thursday, September 5 - 6:30pm : Loss of Spouse/Partner

Thursday, September 19 - 6:30pm : Loss of Parent

Tuesday, September 24 - 6:30pm : All Losses

### OPEN SUPPORT GROUPS : IN-PERSON

Fort Lauderdale: 550 W. Cypress Creek Road, Suite 560

Tuesday, September 3 - 2:30pm : All Losses

Tuesday, September 17 - 2:30pm : All Losses

Pompano Beach: John Knox Village\*, The Woodlands Building, 700 SW 4th Street

*Use Main Entrance on SW 4th Street \*Call 888-499-8393 to add your name to the list for gate entrance.*

Tuesday, September 10 - 6:30pm : All Losses

Boynton Beach: 1903 S. Congress Avenue, Suite 201

Tuesday, September 3 - 6:30pm : All Losses

Thursday, September 12 - 2:00pm : All Losses

Tuesday, September 17 - 6:30pm : All Losses

Thursday, September 26 - 2:00pm : All Losses

Boca Raton: 1531 W. Palmetto Park Road

Wednesday, September 4 - 10:30am : All Losses

Monday, September 9 - 6:30pm : All Losses

Wednesday, September 18 - 10:30am : All Losses

Monday, September 23 - 6:30pm : All Losses

West Palm Beach: 300 Northpoint Parkway, Suite 305

Monday, September 2 - **Holiday : No Group Session**

Monday, September 9 - 10:00am : All Losses

Monday, September 23 - 10:00am : All Losses