

## November 2024 Grief Support Calendar

**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 (call 561-227-5175 for link)

Thursday, November 14 - 6:30pm

Wednesday, November 20 - 12:00pm

#### THE NATURE OF GRIEF : IN-PERSON

Monday, November 4 - 11:30am : 300 Northpoint Parkway, Suite 305, West Palm Beach

Wednesday, November 6 - 12:00pm : 1531 W. Palmetto Park Road, Boca Raton

Tuesday, November 12 - 6:30pm : 1903 S. Congress Avenue, Suite 201, Boynton Beach

Wednesday, November 20 - 10:00am : 1903 S. Congress Avenue, Suite 201, Boynton Beach

Wednesday, November 20 - 5:00pm : 300 Northpoint Parkway, Suite 305, West Palm Beach

Thursday, November 21 - 2:30pm : 550 W. Cypress Creek Road, Suite 560, Fort Lauderdale

Thursday, November 21 - 6:30pm : 1531 W. Palmetto Park Road, Boca Raton

**We strive to maintain a punctual schedule.**

**All groups have a 10-minute "grace period" that is set aside if you are running a few minutes late. However, late arrivals that exceed 10 minutes will not be permitted to enter as it would be disruptive.**

**Thank you for your understanding.**

**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)**

## November 2024 Grief Support Calendar

### 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, November 7 - 6:30pm : Loss of Spouse/Partner

Thursday, November 21 - 6:30pm : Loss of Parent

Tuesday, November 26 - 6:30pm : All Losses

#### OPEN SUPPORT GROUPS : IN-PERSON

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

Tuesday, November 5 - 2:30pm : All Losses

Tuesday, November 19 - 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, November 12 - 6:30pm : All Losses

Boynton Beach: 1903 S. Congress Avenue, Suite 201

Tuesday, November 5 - 6:30pm : All Losses

Thursday, November 14 - 2:00pm : All Losses

Tuesday, November 19 - 6:30pm : All Losses

Thursday, November 28 - **Holiday - No Groups**

Boca Raton: 1531 W. Palmetto Park Road

Wednesday, November 6 - 10:30am : All Losses

Monday, November 11 - 6:30pm : All Losses

Wednesday, November 20 - 10:30am : All Losses

Monday, November 25 - 6:30pm : All Losses

West Palm Beach: 300 Northpoint Parkway, Suite 305

Monday, November 4 - 10:00am : Loss of Partner/Spouse

Monday, November 11 - 10:00am : All Losses

Monday, November 25 - 10:00am : All Losses