

December 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, December 12 - 6:30pm

Wednesday, December 18 - 12:00pm

Thursday, December 26 - 6:30pm

THE NATURE OF GRIEF : IN-PERSON

Monday, December 2 - 11:30am : 300 Northpoint Parkway, Suite 305, West Palm Beach

Thursday, December 5 - 12:00pm : 1531 W. Palmetto Park Road, Boca Raton

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

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

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

Monday, December 23 - 12:00pm : 1903 S. Congress Avenue, Suite 201, Boynton Beach

Thursday, December 26 - 6:30pm : 1531 W. Palmetto Park Road, Boca Raton



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

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

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

Tuesday, December 24 - **Holiday - No Groups**

OPEN SUPPORT GROUPS : IN-PERSON

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

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

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

Boynton Beach: 1903 S. Congress Avenue, Suite 201

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

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

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

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

Boca Raton: 1531 W. Palmetto Park Road

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

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

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

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

West Palm Beach: 300 Northpoint Parkway, Suite 305

Monday, December 2 - 10:00am : Loss of Partner/Spouse

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

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