

HOSPICE

Bereavement Support Groups 2025

## **NEWLY-BEREAVED SUPPORT GROUP**

Third Thursday of every month, from 12:30 — 2 p.m.

Sycamore North Apartments, Large Recreation Room

For newly-bereaved individuals grieving two years or less.

No RSVP required.

## LIFE AFTER LOSS SUPPORT GROUP

Second Monday of every month, from 10:30 a.m. — 12 p.m.

Keystone Room, James Buchanan Clubhouse

For individuals who are two or more years into their grief journey.

No RSVP required.

## YOUR GRIEF JOURNEY AND WELLNESS SUPPORT GROUP

Third Thursday of every month, from 6 — 7:30 p.m.

Keystone Room, James Buchanan Clubhouse

For anyone who is grieving at least one year or more and wants to focus on their grief and physical, mental and spiritual wellness journey.

No RSVP required.