



Grief is a universal emotion and natural part of healing. The Center for Grief and Healing allows children, families, and neighbors to process their loss and heal after the death of a loved one in a supported, safe environment. Individual support and a variety of support groups are available.

## NEW! ZOOM Support Groups

### General Grief Support Group

A four week support group

Meets on four consecutive weeks to learn about the grieving process and be with others who are grieving. For adults who have experienced the death of a loved one and at least three months have passed since the death. **Meets for 4 weeks, beginning Wednesday May 13 from 3pm until-4pm.**

*Advance registration required*

### Loss of Spouse/Partner Women's Group

A six week support group

Our loss of a spouse or life partner support group provides a safe space to connect with others who have experienced a similar loss. **Meets for 6 weeks beginning Wednesday, April 29th, 4:30pm—5:30pm.**

**Group is closed, but we are gathering names for the next group.**

*Advance registration required*



### Remembering Our Children

If you are a parent who has experienced the death of your child (of any age), we invite you to join us for grief education, support, and healing. Generally Meets first Monday of every month at HOP office. **Meets : First Monday of the month from 5:30 pm until 7 pm.**

*Advance registration required*

### Men's Grief Support Group

A six week support group

If you are a man who has experienced the death of a loved one, you may need to find other men to talk to.

Men will meet one day a week for six weeks to learn about the unique ways that men grieve a loss as well as an opportunity to be with other men who are going through a similar experience. **Meets for 6 weeks, beginning May 18 until June 29 (no meeting on Memorial Day)**

**Mondays from 4 pm until 5:30 pm.**

*Advance registration required*

**Advance Registration is Required for All Groups. Please Call 434-817-6915**