A HOPE AND COMFORT IN GRIEF PROGRAM

Grief Support Group
FOR ADJUSTING TO THE DEATH OF SOMEONE CLOSE

Are you or is someone you know grieving the death of someone close? Caring Connections is here to support you.

The death of a close friend or family member is a powerful and emotional experience. It can shatter life as one used to know it. Three elements that seem to assist in processing grief following the death of a family member or friend are:

- Gathering relevant information from a knowledgeable professional
- Talking to others about your loss
- Listening to others who have had similar experiences

Three Grief Groups will be held:

- Adults grieving the death of a family member or friend
- Adults grieving the death of a spouse or partner
- Adults grieving the death of a family member or friend to suicide

Our bereavement support groups are led by health care professionals holding Masters or Doctoral Degrees in Social Work or Psychiatric Nursing or Licensed Professional Counseling.

Spring 2020 Salt Lake City Bereavement Support Groups

Wednesdays, September 9 through October 29, 2020
6:00 pm – 7:30 pm

Weekly meetings on Wednesday evenings for 8 weeks

University of Utah College of Nursing
Annette Poulson Cumming Building
10 South 2000 East

Registration is required. Call 801-585-9522.

There is a $50 fee for participation, which includes participant materials.

www.nursing.utah.edu/caring-connections/

We accept MasterCard®, VISA® and American Express® credit cards.) If this is a hardship, please notify Caring Connections. Scholarships are available.

Scholarships are available through the generous support of Larkin Mortuary.

In the case of public health concerns, these groups may be rescheduled. Please note that in-person group sizes will be very limited – priority will be given to individuals who are unable to do an online group. Everyone attending an in-person group will be asked to wear a mask. The groups will be held in a space that allows for physical distancing and Caring Connections staff will be sanitizing the space before and after each group.