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

Four 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
- Adults grieving the death of a family member or friend to an overdose

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.