

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 someone close to you is a powerful and emotional experience. It can shatter life as one used to know it. Caring Connections' grief support groups give information about coping with grief and loss, as well as providing a space for support between individuals who have experienced a similar loss.

The groups have several themes to better serve those who attend them:

- Loss of a Family Member or Friend
- Loss of a Spouse or Partner
- Loss to Suicide

Individuals who have attended these groups indicate they learned more about grief and loss. They also indicated that making connections with others who had a similar grief experience was valuable for their growth

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

Distance Bereavement Support Groups—Online via Zoom

Loss of Spouse or Partner

Wednesdays, April 7 to May 26 from 6:30 pm to 8 pm

Loss of Family Member or Friend

Thursdays, April 8 to May 27 from 6:30 pm to 8 pm

Loss to Suicide

Wednesdays, April 14 to June 2 from 6:30 pm to 8 pm

Loss of a Spouse or Partner

Thursdays, April 15 to June 3 from 6:30 pm to 8 pm

Loss of a Family Member or Friend

Wednesdays, April 21 to June 9 from 6:30 pm to 8 pm

Loss to Suicide

Thursdays, April 22 to June 10 from 6:30 pm to 8 pm

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.

