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.

Distance Bereavement Support Groups—Online via Zoom

Loss of Spouse or Partner
Wednesdays, January 6 to February 24 from 6:30 pm to 8 pm

Loss of Family Member or Friend
Thursdays, January 7 to February 25 from 6:30 pm to 8 pm

Loss of a Spouse or Partner
Tuesdays, January 12 to March 2 from 4 pm to 5:30 pm

Loss to Suicide
Wednesdays, January 13 to March 3 from 6:30 pm to 8 pm

Loss of a Family Member or Friend to Suicide
Thursdays, January 14 to March 4 from 6:30 pm to 8 pm

Loss to Overdose
Wednesdays, January 20 to March 10 from 6:30 pm to 8 pm

Loss to Suicide
Thursdays, January 21 to March 11 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.