Bereavement Support Group

Starting January, 2023

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This 8-week group provides a supportive environment to meet and share with others mourning the death of a loved one. Topics include: understanding the nature of grief; recognize feelings; how to adjust to changes; maximize support during holidays and future vacations to foster an ongoing sense of connection with your loved one.

***Weekly meetings will be in person***

***8 weekly Sessions held Tuesdays 1/24 to 3/14***

***12-1:30 PM***

*(1/24, 1/31, 2/07, 2/14, 2/21, 2/28, 3/7, 3/14)*

Location: Sutter Care at Home Hospice 8334 Ferguson Ave. Sacramento, CA 95828

Pre-enrollment required.

Please contact Isabel Tellier

at **916-800-9880** or

Isabel.Tellier@sutterhealth.org