

# Bon Secours Hospice Bereavement Services

Spring 2021

The loss of a loved one is a life-altering experience, especially in the first year after a death. Bon Secours is committed to supporting families who grieve and to connecting them with others who have had similar experiences. Due to COVID social distancing precautions, we are not offering in-person grief programs right now. Here are some upcoming online interactive programs to consider:

**Adult Grief Support Groups** are led by counselors who facilitate discussion about common experiences and emotions after a loss, along with healthy ways to grieve and move forward. These four-week specialty groups will not meet in person but will use Zoom video conferencing to interact. If your loss was at least three months prior to the start of the group and you are interested, reserve your place by contacting a counselor.

**COVID-Related Death Grief Support Group - Contact Kristen**

Weekly on Mondays (2 - 3:30 pm) March 1 - March 22

**Loss of a Parent Grief Support Group - Contact Beth**

Weekly on Tuesdays (2 - 3:30 pm) March 2 - March 23

**Loss of a Spouse Grief Support Group - Contact Beth**

Weekly on Tuesdays (5 - 6:30 pm) April 6 - April 27

**General Loss Grief Support Group - Contact Kristen**

Weekly on Mondays (2 - 3:30 pm) May 17 - June 14

**Young Adult (Ages 18-30) Grief Discussion Group - Contact Kristen**

Summer Dates To Be Determined

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**Online Service of Remembrance**

Thursday, May 6 at 7 pm

This online service will be a gathering of hospice families and staff including special music with an encouraging message. There will also be a time of remembrance to honor loved ones who have died.

Following the service, you may participate in a small discussion group (optional).

Register by Tuesday, May 4 to [bereavement@bshsi.org](mailto:bereavement@bshsi.org) or **804-433-4710** to receive the Zoom link.

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**Counseling Appointments** by telephone or Zoom can be scheduled for hospice family members including children, teens, adults, and families. Referral information is also available.

**Bon Secours Hospice | 804-433-4710 | [bereavement@bshsi.org](mailto:bereavement@bshsi.org)**