

Bon Secours Hospice Bereavement Services

Fall 2023

You are invited to the programs below to connect with others navigating life after loss. Space is limited. Register in advance by emailing or calling us using the contact info below.

Online Grief Workshops are facilitated by a staff counselor about a specific topic including a small group discussion. Workshops are for adults whose loved one died within the last 18 months. Register at least one week prior to the workshop.

Exploring Changes in Family Dynamics

Tuesday, September 12 (4 - 5:30 pm)

Learn about differences in coping styles, changes in roles, and communication strategies following a death in the family

What's Normal in Grief?

Tuesday, October 10 (4 - 5:30 pm)

Learn about common grief reactions, helpful coping strategies, and ways to navigate life after loss

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 six-week groups are for adults whose loved one died within the last 3-18 months. Register at least one week prior to the group.

Spouse Loss Group (In Person) - Contact Kristen

Thursdays (2:30 - 4 pm) September 21 - October 26

General Loss Group (Online) - Contact Sarah

Wednesdays (3:30 - 5 pm) October 4 - November 8

Spouse Loss Lunch Bunch (In Person) - Contact Kristen

Monthly informal gathering in the West End after completing a support group or counseling

Support for the Holidays will be available since grief can be particularly poignant this time of year.

Holiday Grief Workshop

Tuesday, November 14 (4 - 5:30 pm) Online

Discuss holiday memories, concerns, and strategies to navigate grief during this season

Lights of Love

Thursday, November 30 (5 - 6:30 pm) In Person

Community Hospice House (1133 Old Bon Air Rd., Richmond)

Drive through the seasonal light display in remembrance of all hospice patients; made possible by holiday memorial donations

Holiday Memorial Service

Sunday, December 3 (2 - 3:30 pm) In Person & Online

You're invited for this gathering of hospice families and staff including special music, an encouraging message, and helpful information about coping with grief during the holiday season. There will also be a time of remembrance to honor loved ones who have died. Attend in person or on Zoom. Register by November 28.

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

804-433-4710 | bereavement@bshsi.org | hospicerichmond.com/grief | Richmond, VA