

Bereavement Support Group



Program Details	
Jan.	Understanding Grief
Feb.	Accepting the Reality of the Loss
March	Experiencing the Pain of the Loss
April	Adjusting to the New Environment
May	Reinvesting in the New Reality
June	Secondary Losses
July	Stress, Coping Strategies and Self-Care
Aug.	Recognizing Family Dynamics
Sept.	Dealing with Social Changes and Things People Say
Oct.	Remembering Through the Holidays
Nov.	Special Event
Dec.	Rituals

**Second Wednesday of the Month
10 – 11 a.m.**

Lynn Cancer Institute, 701 NW 13 St., Boca Raton

This support group is open to anyone who has suffered the loss of a loved one within the past two years. Our group is not appropriate for anyone dealing with a traumatic loss or loss of a young child.

Facilitated by a licensed clinical social worker.

For more information or to register, call **561-955-5406**.
RSVP required.



Eugene M. & Christine E.
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BAPTIST HEALTH SOUTH FLORIDA