

# UC Davis Hospice Bereavement Support Group

We provide no-cost bereavement support groups throughout the year.

**Our next Bereavement Support Group begins on Tuesday, May 4, 2021, and will run for six consecutive weeks through Tuesday, June 8, 2021.**

**All six virtual sessions will begin at 6:00 pm and end at 7:30 pm.**

## Topics to be covered during the six sessions include:

- Acknowledging and understanding grief
- Expressing and accepting feelings
- Role changes
- Stress and coping with loss
- Developing supportive relationships

## Group size is limited

Please call to register by **April 26, 2021**. We do request that you make a commitment to attend all six sessions.

General Bereavement Support Groups are held throughout the year. If you cannot attend our current session, call for information about other groups forming.

We also provide grief support groups for young adults, ages 17 to 24 twice a year, and parents who have lost a pediatric aged child once a year. There are additional groups available in the community as well.

**For more information or to register:** Call 916-731-6867



## Bereavement Support Group

Tuesdays for six weeks  
from 6:00 pm to 7:30 pm

May 4  
May 11  
May 18  
May 25  
June 1  
June 8

**All groups will be held  
virtually and registration  
is required.**

**To register, call:  
(916) 731-6867**

UC Davis Health  
Home Care Services  
3630 Business Drive, Suite G  
Sacramento, CA 95820

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HOSPICE