

Compassionate support in a group setting can help adults grieving similar losses to express their feelings, develop coping strategies, and find comfort and empathy.

o you want to oin a support group?

ur safe, confidential support groups are comprised of caring people grieving a similar loss

Groups are facilitated by screened, trained, compassionate volunteers and provided at no charge

Most support groups are tailored to the specific type of loss

aytime and evening groups are available; most groups are held on oom

Enrollment is ongoing

Are you a former family caregiver in need of support after a recent loss?

oin us at our annual Bereaved Caregivers etreat.

This unique, weekend, overnight retreat, held each fall, is offered at no cost for primary caregivers whose loved one has died within the past y years.

Connect with other former caregivers with similar experiences

Practice self-care and relaxation

Share your caregiving experience

Commemorate your loved one

efocus your life now that your care giving role has ended

Space is limited and registration is required

Information is available at CaringMatters.org