



Coping with Grief During a Pandemic: A Virtual Support Group

Presented by: Hospice of St. Lawrence Valley Bereavement Services

What: A 6-week **virtual** grief support group

Who: Open to anyone dealing with the death of a loved one during the COVID-19 health crisis

When: Tuesdays(6/23-7/28), 5:00-6:00p.m.

Where: Zoom Meeting

Requirements: Valid email address and access to a computer, tablet or smartphone

This support group offers:

- ~ A safe, non-judgmental space
- ~ Emotional support from others experiencing a similar loss
- ~ Opportunity for healing through sharing
- ~ Coping skills to help you navigate your grief journey

For more information and to register, email Donna at dtrimmcalc@hospiceslv.org by June 23rd.

“Participants will explore the dynamics of grief during a time of uncertainty that has disrupted normal rituals such as wakes and funerals and explore healthy ways to cope.”

*—Donna Trimm Calk, LMSW
Hospice Bereavement Coordinator*

