



## **Hospice Brazos Valley Grief Support Groups & Events**

### **Fall 2020 | Online, Phone & Outdoors**

No cost to participate | Open to the public

#### **GRIEF SUPPORT GROUP | ONLINE**

For adults grieving the loss of a loved one

**Date/Time:** 2nd & 4th Thursdays | 1:00pm-1:45pm

#### **STEP BY STEP | OUTDOORS**

develop a compassionate support system while remaining physically active

*\*COVID pre-screening & masks required*

**Date/Time:** 1st & 3rd Saturdays | 7:15am-8:15am

**Location:** Local B/CS Parks

#### **GRIEF SUPPORT GROUP | PHONE**

For adults grieving the loss of a loved one.

*\*Offered at multiple dates & times*

**Date/Time:** Every Tuesday | 2:00pm-3:00pm

2nd & 4th Wednesdays | 4:00pm-5:00pm

#### **DEMENTIA CAREGIVER SUPPORT GROUP | PHONE**

Support for those caring for a loved one with Alzheimer's or Dementia

**Date/Time:** 1st Thursday monthly | 10:00am-11:00am

#### **SPECIAL HOLIDAY GRIEF EVENTS | ONLINE**

Gain tools that can help you not just survive the holidays, but learn & grow through them.

Open to any adult grieving the loss of a loved one during this holiday season.

***Hosted virtually online via Zoom | Led by HBV Chaplain, Author & Speaker, Gary Roe***

***\*Register for holiday grief events online at [www.hospicebrazosvalley.org/holidaygrief](http://www.hospicebrazosvalley.org/holidaygrief)***

**Handling Holiday Grief | Practical advice for newly grieving hearts**

**Date/Time:** Thursday, November 12, 2020 | 6:00PM

**Holidays Without You | Uplifting guidance to handle holiday hurdles**

**Date/Time:** Saturday, December 5, 2020 | 10:00AM

RSVP Required for ALL above events | RSVP by phone or email

**979.821.2266 | [griefsupport@hospicebrazosvalley.org](mailto:griefsupport@hospicebrazosvalley.org)**