



The Big Bend Hospice Bereavement Department invites you to our

Virtual Support Session

Grief Tips for the Newly Bereaved

Experiencing the loss of someone special can feel overwhelming and isolating. In this no-cost virtual presentation, we invite any adult seeking support to join us as we explore the basics of grief, share practical tips for coping, and provide resources to help navigate this challenging time.

Led by a trained bereaved counselor, this session is designed to offer a safe, compassionate space where you can better understand the grief process and learn tips for coping. Whether you're newly bereaved or support someone who is, we're here to provide guidance and encouragement. Participants are welcome to share questions and feedback in the chat throughout the session.

March 20	ZOOM	12:00 noon - 1:00 pm
April 17	ZOOM	12:00 noon - 1:00 pm
May 15	ZOOM	12:00 noon - 1:00 pm
June 19	No Meeting	-
July 11	ZOOM	12:00 noon - 1:00 pm
August 21	ZOOM	12:00 noon - 1:00 pm
September 18	ZOOM	12:00 noon - 1:00 pm
October 16	ZOOM	12:00 noon - 1:00 pm
November 20	ZOOM	12:00 noon - 1:00 pm
December 18	ZOOM	12:00 noon - 1:00 pm

For more information or to register, contact:

Pam Mezzina | (850)878-5310 | pmezzina@bigbendhospice.org.

This group will meet virtually via Zoom. Please register for more information.

We look forward to seeing you!



**Big Bend
Hospice**

bigbendhospice.org

