

# Support Groups and Events – Winter 2020



## Events - Winter 2020

### Coping with the Holidays

In November and December, all of our ongoing and new group offerings will have a focus on coping through the holidays. If you are interested in getting support through these potentially difficult times, please plan on attending any of our ongoing groups.

**You can find more information and register at [www.halcyonhospice.org](http://www.halcyonhospice.org) or contact Grief Support at 720-325-2987 or [GriefSupport@halcyonhospice.org](mailto:GriefSupport@halcyonhospice.org)**

### NEW GROUP OFFERINGS

#### Sibling Loss Group

The death of a sibling can often be experienced as an unrecognized or unacknowledged loss. To honor this unique loss, join us online to connect with others who are grieving the loss of a sibling.

**Every other Monday from 5:00 p.m. - 6:30 p.m.**

**November 9, November 23, December 7, December 21**

#### Jewish Grief Group

The group will provide a safe and supportive place where bereaved persons can mourn and memorialize their losses in a Jewish context. Open to all members of the Jewish community, affiliated and non-affiliated.

**Every other Tuesday from**

**4:00 p.m. - 5:30 p.m.**

**November 3, November 17,**

**December 1, December 15**

**Co-sponsored by Jewish Family Service Boulder**



Sign up to receive our quarterly *Seasons of Grief* newsletter with helpful ideas and hints to help you cope with your loss. Fill out the form at [www.halcyonhospice.org/grief-support/](http://www.halcyonhospice.org/grief-support/) to sign up.

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## Ongoing Support Groups - Winter 2020

Due to the current social distancing restrictions and commitment to protecting our group members, these groups will be offered in an online format until we can determine that it is safe to gather in person. Please contact Halcyon Grief Support or visit our website for the most current and updated information about how we are offering our groups.

### **Survivors of Sudden Loss Grief Support Group**

An ongoing resource for those who have experienced a sudden, unexpected or accidental death.  
**Meets virtually on the first and third Wednesdays of every month, 6:30 p.m. – 8:00 p.m.**

### **Walking Through Grief: A Trail Walking Group**

This group is not meeting right now due to COVID. Please check [www.halcyonhospice.org](http://www.halcyonhospice.org) for updates.

### **Daytime Grief Support Group**

This group is an ongoing resource for those who have experienced a death loss.  
**Meets virtually on the first and third Wednesdays of every month, 10:30 a.m. – 12:00 p.m.**

### **Spouse/Partner Loss Grief Support Group**

This group is an ongoing resource for those who have experienced the death of a spouse or partner.  
**Thursday Group: Every second and fourth Thursday of the month, 6:30 p.m. - 8:00 p.m.**  
**Monday Group: November 16, December 14, online at 6:30 p.m. - 8:00 p.m.**

### **For more information or to register contact:**

Halcyon Grief Support at 720-325-2987 or [griefsupport@myhalcyon.org](mailto:griefsupport@myhalcyon.org), or visit our website at [www.halcyonhospice.org](http://www.halcyonhospice.org).

*\*Sign up for current Grief Support updates about new groups and events on our website*

