



Grief Support Groups provide an opportunity to learn from others who are grieving the loss of a loved one. Led by professionally trained counselors and volunteer facilitators, they are a safe, non-judgmental place for families and individuals to find comfort while learning coping skills. There is no charge to attend both in-person and virtual sessions. To enroll, call 210-908-9774.

## Support Groups – June 2022

### General Grief and Loss Groups for Adults

General Grief and Loss  
Wednesdays, June 1, 15, & 29  
6:00 - 7:30 p.m. **ZOOM**

8 8 0  
Saturdays, June 4 & 19  
3 4 (LOCATION)

### Specialty Support Groups

Partner/Spouse Loss Group  
Friday, June 3  
5:30-7:00 pm (LOCATION)

Caregiver Support Group  
June 6 & 20  
6:00-7:30 p.m. **ZOOM**

Parent Loss Group  
Friday, June 17  
6:00-7:30 p.m. (LOCATION)

Caregiver Education  
June 9 & 23  
3:00-4:30 p.m. **ZOOM**

Grieving Youth Support Group  
(For ages 3 to 17)  
June 11 & 25  
1:00-2:30 p.m. (LOCATION)

Navigating Grief Book Club  
Sunday, June 5  
10:00-11:30 a.m. **ZOOM**

Parenting After Loss  
June 26  
3:00-4:30 p.m. **ZOOM**

To register, call **210-908-9774** or email  
kpeterson@hbhsa-tx.com