



## **LOSS AND BEREAVEMENT SUPPORT AND SUPPORT GROUPS**

*Our bereavement support is available in English and Spanish.*

*HAY APOYO DISPONIBLE PARA EL DUELO EN ESPAÑOL.*

YOLO HOSPICE provides bereavement support **at no charge** to anyone in our five-county service area (Yolo, Solano, Sutter, Colusa, and Sacramento). You do not need to be a client of Yolo Hospice to receive this support. Currently, we are following COVID-19 protocols and generally offering support via telephone or Zoom. Some in-person individual support sessions are available. Ask for details, please.

Individual support is available as well as group support. Our support is available regardless of the nature of the death (i.e., illness, accident, sudden loss, murder, suicide) or the time that has elapsed since the death. We realize grief has no timeline.

Our 1:1 bereavement support is also available for pet loss.

The following groups are offered at this time via Zoom. Registration is required per HIPAA compliance, but these are drop-in groups. After registering, you may attend when it is convenient for you.

- Our **ANTICIPATORY LOSS SUPPORT GROUP** is for anyone who is impacted by a significant illness (the patient, or someone who cares for or about them). This group meets weekly on Monday nights (except holidays) at 7 pm.
- We also have an **ADULT BEREAVEMENT SUPPORT GROUP** that meets on Thursdays at 6 pm (except holidays) for anyone who has lost a loved one. This is designed for anyone 18 years or older to attend.
- We have a **CHILD-LOSS SUPPORT GROUP** for those who have lost a child of any age at any time. This meets on the 1<sup>st</sup> and 3<sup>rd</sup> Wednesdays at 6 pm.
- We facilitate a **BEREAVEMENT SUPPORT GROUP FOR MEMBERS OF THE LGBTQ+ COMMUNITY** through a collaboration with the Sacramento LGBT Community Center.
- We also facilitate a **BEREAVEMENT SUPPORT GROUP FOR SPANISH SPEAKERS** through a collaboration with CommuniCare HealthCenters CREO Program.

We have **BEREAVEMENT SUPPORT FOR CHILDREN AND TEENS** (ages 4 – 17) through our Stepping Stones Program. The children and teens meet in a closed group format, in a weekly series over 8 weeks.

### **FOR MORE INFORMATION OR TO REGISTER FOR SUPPORT CONTACT:**

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