



Grief Support Group

Guidance on Your Grief Journey and Healing Through the Holidays

If you are grieving the loss of a loved one, you're not alone.

We welcome you to join our FREE 6 week grief support group series from Tuesday, October 12th through Tuesday, November 16th.

This program recommends your consistent attendance, as each week builds upon the last. Our goal is to help you create peace and healing along your grief journey.

**To help protect against COVID-19, all attendees will be required to wear a mask and observe social distancing.*

Tuesday afternoons

Oct 12th - Nov 16th

1:00 - 2:30 PM

To register, please contact Julie Strassman at 314-504-4983 or jastrassman@bethesdahealth.org

BETHESDA Hospice Care

Support Group Meetings will be held at
Bethesda Health Group:

1630 Des Peres Rd. Suite 200, St. Louis, MO 63131