

Eight Week Grief Support Group



Purpose of the Group

This 8-week group follows the companioning model of Dr. Alan Wolfelt. This group will help individuals recognize the various aspects of grief, offer ways to cope, and provide connection to others who are also grieving.

Who can attend

This group is open to all members of the community who are grieving the loss of a loved one. We ask that at least three months have passed from the date of the death before the first group meeting. Pre-registration is required by calling the number below.

When

This group will meet on Tuesdays from 1:00 – 2:30pm
(7/11, 7/18, 7/25, 8/1, 8/8, 8/15, 8/22, 8/29)

Where

All meetings will be held at Pennock Center for Counseling
211 S. 21st Avenue, Brighton, CO 80601

There is no fee, but pre-registration is required. We ask that you attend all 8 sessions. If you would like to register, have questions or need more information please call group facilitator Marissa Watson-Bane, (Bereavement Coordinator with AccentCare Hospice) 970-346-9700