

Bereavement Services

**What we have once enjoyed we can never lose;
all that we love deeply becomes a part of us.”**
~Helen Keller

The loss of a family member or close friend is one of life's most stressful events. To help families and friends cope with the loss of loved ones, Hospice of the Foothills offers support through the Bereavement program. All services are free of charge.

Whether you choose to receive individual grief counseling or to participate in one of our bereavement support groups, you will receive both emotional support and useful information to help you navigate the very complex feelings associated with the grieving process. Learning to care for yourself at this special time can help to integrate the experience of loss into your life. You don't have to be alone.

In addition to providing support for individuals grieving a personal loss, the Bereavement Team at Hospice of the Foothills is also available to assist with public trauma and grief.

In service to this community, Hospice of the Foothills offers bereavement support wherever it is needed – whether in the work place, at church or at school.

For more information, please contact the Bereavement Coordinator at 530.272.5739

CONTINUING BEREAVEMENT GROUPS

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the Bereavement Coordinator at
530.272.5739.*

**Drop-in group
(weekly)**

**Younger widow/widower group
(weekly)**

**Men's breakfast group
(monthly)**

**Women's lunch group
(monthly)**