



VOLUNTEER **HOSPICE** OF CLALLAM COUNTY

Grief Support Group

Six-week Series

Online through Zoom

Computer or tablet with microphone, speakers and camera required

Tuesdays, April 13 – May 18, 2021

2:00 - 3:30 PM -- Free and open to anyone

Volunteer Hospice of Clallam County's grief support groups provide an atmosphere of safety and acceptance, where participants may:

- **share their feelings and experiences with others**
- **gain a clearer understanding of the mourning process**
- **learn coping strategies & skills for the emotional pain of loss**

Confidentiality is essential to the group process.

This emphasis on honoring one another's confidences helps to create an atmosphere of openness and trust, so essential to the sharing experience.

Offered by Volunteer Hospice of Clallam County

**Information & Registration: 360-452-1511 or
office@vhocc.org**

Volunteer Hospice of Clallam County provides free services to terminally ill patients and their families.

To learn more, call 360-452-1511 or visit VHOCC.ORG