



## **Grief Support Groups**

**Structured groups offered each year**

**Sequim, Port Angeles or online videoconference**

- **share your feelings & 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 safety, trust, and acceptance, so essential to the sharing experience.

**Free and open to anyone**

**For information call 360-452-1511**

**We will take your contact information and contact you when dates and format are finalized.**

***Volunteer Hospice of Clallam County's Mission***

Provide physical, emotional and spiritual support to terminally ill patients and their families with free around the clock registered nursing availability and trained volunteers

**To learn more about VHOCC: 360-452-1511 or [vhocc.org](http://vhocc.org)**