



VOLUNTEER HOSPICE OF CLALLAM COUNTY

Grief Support Group

Wednesdays, Dec. 1, 2021 – Jan. 5, 2022

Six-week Series -- 1:00 – 3:00 PM

Online Zoom Meetings

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 confidence helps to create openness and trust, so essential to the sharing experience.

Free and open to anyone experiencing grief

Offered by Volunteer Hospice of Clallam County

Information & Registration: 360-452-1511

or office@vhocc.org

Volunteer Hospice of Clallam County provides free hospice services to terminally ill patients and their families and bereavement services to anyone in need.

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