



VOLUNTEER **HOSPICE** OF CLALLAM COUNTY

# Grief Support Group

**Mondays, Jan 31, 2022 – March 7, 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](mailto: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](http://VHOCC.ORG)**