



Gone from our Sight
never from our hearts

Tucson Virtual Support Group

If you have suffered the death of a loved one and would benefit from sharing with other adults who are also bereaved, please join us.

Professional bereavement counselors facilitate a discussion on coping with loss in a supportive and confidential environment. It can be reassuring to talk with others who are going through similar experiences. Topics may include:

- Understanding the grieving process
- Adjusting to life without the loved one
- Dealing with loneliness
- Taking next steps
- Finding meaning and reinvesting in life

1st and 3rd Thursdays • 6–7:30 p.m.
Begins Jan. 18, 2024

Virtual group via Zoom. Registration required.

To register, please call our Bereavement Department: **(602) 530-6970**

Open to any adult over 18 who has experienced a loss through death.

Offered at no charge.

