

Are you looking for connection, especially during these changing times?

Have you or a child/teen that you know recently experienced the death of someone significant?

Have feelings and thoughts from previous losses been triggered by recent events?

Ever feel overwhelmed with helping others cope or being witness to the stress, pain and challenges of others?

Consider Joining one of our Virtual Support Groups

"Connection is the energy between people when they feel seen, heard and valued – when they can give and receive without judgement."

Brene' Brown



The Center for Loss and Bereavement
A Trusted Nonprofit, offering Professional Support, Meaningful Connection, and Restorative Guidance for those confronting loss

Support groups of the Center invite individuals with similar circumstances into circles of encouragement. Groups are facilitated by our Center's staff, specially educated in the areas of grief and loss. Structure includes discussion and supportive sharing in an atmosphere of mutual respect and hope. Currently, all groups of the Center are offered virtually, using Zoom. There is a screening process before entering any group. Counseling is always available at our Center.

Of Current, Special Interest

Nello's Corner Virtual Support Groups - Premier family program of the Center, offering ongoing, age specific peer support groups for **children and teens**, afterschool or in the evening, every other week. Groups for parents/guardians are part of the program. Tuesdays/Wednesdays, No charge

Mixed-Loss Virtual Support Group - for **adults** grieving a recent death during this time, due to COVID-19 or any cause. Our sessions will offer a safe connection for sharing and expression with others who may feel isolation and detachment from lack of traditional social supports following a death. Scheduled in 6-week cycles every other Wednesday, 7:00 p.m.-8:30 p.m., as interest is shown. \$20 registration

After the Bell - Virtual Support Group during the pandemic for **Educators and School Personnel** who are facing issues of loss and grief with students, coworkers, and selves. The group will provide a confidential, safe outlet for processing and shared expression outside of your school environment. Every other week schedule TBD. \$20 registration

Other Group Options for Adults

Specialized Support Groups for Adults are offered for a variety of relationship losses or circumstances – spouse or partner, parent, sibling, suicide, addiction, and ambiguous losses. These are scheduled throughout the year as interest is shown. Days and times vary. \$90 for a 6-week session

Monthly Loss of Child Support – For parents/guardians who have experienced the death of a child as an older teen or adult. 2nd Monday of each month, 6:30 -8:00 p.m. \$90 for six months of meetings

Bi-weekly Young Adult Bereavement Group – For men and women who are post high-school age – 29 years and are grieving a significant loss. Every other Wednesday, 7:00 – 8:15 p.m. No charge

Call 610-222-4110 or visit our website and click on Request Information
www.bereavementcenter.org

3847 Skippack Pike, P.O. Box 1299, Skippack, PA 19474 610-222-4110 Fax: 610-222-9247