

What is a support group?

A support group at the Center gathers individuals into a circle of support. Five to ten participants with a common type of loss meet to share insights, concerns and hope in an atmosphere of mutual respect and caring.

How can a support group be beneficial?

- *Gives normalization of the grieving process
- *Can reduce isolation by providing the opportunity to share with others
- *Explores various ways of coping
- *Offers a place of solace where hope can be restored



"I had reservations about attending such a group but now I am glad that I did. I felt (the group) bonded rather quickly and we were able to discuss our most personal feelings in a non-judgmental, caring setting."

-Loss of Spouse/Partner group participant

"Just realizing I am not alone was very valuable."

-Loss of a Parent group participant

"Attending as a couple has opened up dialogue."

-Loss due to Suicide group participants

"The facilitator was thoughtful, kind and kept the discussions focused."

-Younger Loss of Spouse group participant



The Center *for* Loss and Bereavement

SPECIALIZED ADULT SUPPORT GROUP PROGRAM

CALL 610-222-4110

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P.O. Box 1299

Skippack, PA 19474

Loss of Spouse or Partner

Adult Loss of a Parent

Loss due to Suicide

Loss of a Sibling

Loss due to Addiction/Overdose

Monthly Loss of a Child

*For parents who have experienced
the death of a child who was
an older teen or adult*

2nd Mondays, September - July

Twice a month Young Adult Loss

Every other Wednesday, year-round

**Other groups are scheduled as
interest is shown**

When are support groups offered?

Groups are scheduled periodically throughout the year based on interest expressed. Daytime and evening options are available. Groups are 1 1/2 hours in length. A six week session allows for development of comfort and trust through consistency in members and attendance. Ongoing groups welcome new members at specified start dates throughout the year. When in person groups are not possible, the Center offers the program virtually.

Who facilitates a support group?

An experienced staff person of the Center with specialized training provides the group structure of discussion and supportive sharing.

What is the registration process?

There is a screening process in order to help identify a participant's needs. The intake coordinator will obtain basic information and send materials along with a link to the registration form. Upon receipt, program staff will be in contact. A fee for the group is required.

What if more than a group is needed?

Each person's grieving process is unique therefore the Center offers several services to help. Professional counseling is available as well as programs for children. It is not unusual for those seeking support to pursue any of these options before, during or after attending a group.