



# UC Davis Hospice bereavement parent support group announcement

Bereavement support groups are held throughout the year. If you can't attend our current sessions, call or email for information about other groups forming.

**Our next Bereavement Support Group for Parents who have lost a pediatric age child will begin on Wednesday, February 21 and will run for eight consecutive weeks through Wednesday, April 11. This group will meet from 6 p.m. to 7:30 p.m. on Wednesday each week.**

## **Topics to be covered during the eight sessions include:**

- Acknowledging and understanding grief
- Expressing and accepting feelings
- Role changes
- Stress and coping with loss
- Developing supportive relationships

## **These groups are free of charge and space is limited.**

Admission to this group will close on February 16 or sooner if filled. Please call or email to register. We do request that you make a commitment to attend all eight sessions.

We also provide grief support groups for young adults, age 17 to 24 and to the general adult population. There are also community groups available for children, age 4 to 16 and for parents of older children.

**For more information or to register:** Call 916-734-1139 or email [delewis@ucdavis.edu](mailto:delewis@ucdavis.edu)

## **Bereavement Parent Support Group**

**Wednesdays for eight weeks, starting February 21, 2018**

**6 – 7:30 p.m.**

**UC Davis Home Care Services Building, Door F**

**3630 Business Drive  
Sacramento, CA 95820**

Business Drive is located off 14th Ave., between 65th Street and Power Inn Road, south of Hwy. 50 and Folsom Blvd.

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