

# Virtual Bereavement Support Groups

HOSPICE & PALLIATIVE CARE



During this time of physical distancing, Kaiser Permanente is offering Virtual Bereavement Support Groups to all members and the community. See the schedule below for information on how to register.

For additional information, please call (619) 756-2500.

## **Please join us for a time of conversation and community.**

- Strategies for making it through tough times
- Skills and practices for healthy grieving
- Education about grief and loss
- Practices for building resilience

### Days & Times:

**Tuesdays                    11:00 – 12:00 noon**

**Thursdays                    2:00 – 3:00 pm**

### Registration:

To register for these Virtual Bereavement Groups and receive information on how to call in, please send an email to: [james.c.carter@kp.org](mailto:james.c.carter@kp.org)