



# FREE SUPPORT GROUPS

## GENERAL BEREAVEMENT SUPPORT GROUP (ENGLISH)

**VIRTUALLY** Every Monday, 4:00 p.m.-5:00 p.m.

*In collaboration with the David Posnack Jewish Community Center (Davie)*

*A support group for adults who are experiencing grief due to the death of someone significant in their lives or non-death losses*

Facilitator: Josh Hernandez

## GENERAL BEREAVEMENT SUPPORT GROUP (ENGLISH)

**IN-PERSON** Every Tuesday, 10:30 a.m.-12:00 p.m.

**\*Starting February 16, 2021**

*In collaboration with David Posnack Jewish Community Center (Davie)*

*A support group for adults who are experiencing grief due to the death of someone significant in their lives or non-death losses*

Facilitator: Josh Hernandez

## GENERAL BEREAVEMENT SUPPORT GROUP (ENGLISH)

**VIRTUALLY** Every 2nd Tuesday, 5:00 p.m.-6:00 p.m.

*A support group for adults who are experiencing grief due to the death of someone significant in their lives or non-death losses*

Facilitator: Josh Hernandez

## CHI 100 (ENGLISH)

**VIRTUALLY** Every 4th Tuesday, 4:00 p.m.-5:00 p.m.

*A support group for adults who need a safe and open space to share about the challenges of navigating through life's many changes*

Facilitator: Maritza Lopez

## GENERAL BEREAVEMENT SUPPORT GROUP (SPANISH)

**VIRTUALLY** Every 1st Wednesday, 1:00 p.m.-2:00 p.m.

*A Spanish support group for adults who are experiencing grief due to the death of someone significant in their lives or non-death losses*

Facilitator: Lorena Klahr

## GENERAL BEREAVEMENT SUPPORT GROUP (ENGLISH)

**VIRTUALLY** Every 2nd Wednesday, 4:00 p.m.-5:00 p.m.

*In collaboration with Holy Cross Hospital (Fort Lauderdale)*

*A support group for adults who are experiencing grief due to the death of a significant person in their lives*

Facilitator: Josh Hernandez

## PET LOSS SUPPORT GROUP (ENGLISH)

**VIRTUALLY** Every 1st Thursday, 5:00 p.m.-6:00 p.m.

*In collaboration with Lakeside Animal Hospital (Fort Lauderdale)*

*A support group for adults who are experiencing grief due to the death of a beloved pet*

Facilitator: Ashley Ferguson

## BREAST CANCER SUPPORT GROUP (ENGLISH/SPANISH)

**VIRTUALLY** Every 4th Thursday, 3:00 p.m.-4:00 p.m.

**(Spanish) & 4:00 p.m.-5:00 p.m. (English)**

*A peer support group for persons with breast cancer or affected by breast cancer*

Facilitator: Maritza Lopez

**To register or for more information, contact our Bereavement Hotline at (305) 351-7025.**

