

Bon Secours Hospice Bereavement Services

Spring 2018

The loss of a loved one is a life-altering experience, especially in the first year after a death. Bon Secours is committed to supporting families who grieve and connecting them with others who have had similar experiences.

Monthly Workshops meet from 4 - 5:30 pm and include a short presentation by a counselor and small group discussion. Space is limited; please register at least 48 hours in advance.

Coping with Guilt & Regret

West End: Tuesday, March 13 **Bon Air:** Thursday, March 15

Coping with Anxiety & Depression

West End: Tuesday, April 10 **Bon Air:** Thursday, April 12

What's Normal in Grief?

West End: Tuesday, May 8 **Bon Air:** Thursday, May 10

Love, Loss, & Loneliness

West End: Tuesday, June 12 **Bon Air:** Thursday, June 21

Six-Week Adult Support Groups are led by counselors who facilitate discussion about common emotions, ways to grieve well and how to make sense of your loss. Reserve your place by talking with a counselor.

Afternoon Group in Bon Air - contact Gwen

Weekly on Mondays 4 - 5:30 pm March 12 - April 16

Afternoon Group near St. Mary's Hospital - contact Rachel

Weekly on Wednesdays 3 - 4:30 pm March 14 - April 18

LGBT Group- contact Gwen

Evening group forming this spring

Afternoon Group near St. Mary's Hospital - contact Kristen

Weekly on Thursdays 3 - 4:30 pm May 3 - June 14

Counseling Appointments can be scheduled for hospice friends and family members (grievors of any age, couples, and families) by calling 804-433-4710. Referral information also available.

Hospice Office (Northside)
8580 Magellan Parkway
Richmond, VA 23227

Community Hospice House (Southside)
1133 Old Bon Air Road
Richmond, VA 23235

Bon Secours Hospice | 804-433-4710 | bereavement@bshsi.org