



## **SUNCREST HOSPICE** **2019 SUPPORT GROUPS**

**Suncrest Hospice has a calendar of support groups** that are designed to provide emotional support and education about the grief process for individuals who have experienced a death. In addition, a pre-death support group is available for individuals who are expecting a death. All support group meetings are free of charge and are a safe place for people to find comfort by connecting with like-minded individuals. Please take a look at the support groups offered at our Denver Tech Center location in the coming year to find one that will support your journey.

All groups are free of charge, please call to sign-up.

### **Caregiver Support Group**

*The 1<sup>st</sup> & 3<sup>rd</sup> Friday of every month*  
**10:30am-11:30am**



### **Loss of a Sibling**

*6-week sessions*  
*On Thursdays 6pm-7pm*  
*starting 3/7/2019 through 4/11/2019*



### **Loss of a Parent**

*6-week sessions*  
*On Tuesdays*  
*11:30am-1:00pm*  
*starting 6/4/2019 through 7/9/2019*



### **Holiday Support**

*8-week sessions*  
*On Mondays*  
*11:30 – 12:30pm*  
*11/4/19, 11/18/19, 12/2/19,*  
*12/16/19, 1/13/20, 1/27/20,*  
*2/3/20, 2/17/20*

**For more information contact:**

### **Suncrest Hospice**

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**80111**  
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