



# FREE SUPPORT GROUPS

## HOW TO RECOVER DURING A PANDEMIC SUPPORT GROUP (ENGLISH)

**VIRTUALLY Every Other Monday, 3:00 p.m.-4:00 p.m.**

**\*Starting Monday, May 3, 2021**

*A support group designed to navigate the recovery process for those who have been affected by COVID-19 pandemic and connect with others who are going through similar experiences.*

Facilitator: Lorena Klahr

## GENERAL BEREAVEMENT SUPPORT GROUP (ENGLISH)

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

*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: Anthony Nguyen

## 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: Romae Harriott

## 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: Anthony Nguyen

## GENERAL BEREAVEMENT SUPPORT GROUP (ENGLISH)

**VIRTUALLY Every 2nd Wednesday, 5:30 p.m.-6:30 p.m.**

*In collaboration with St. David's Catholic Church (Davie)*

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

Facilitator: Gian Carla Santayana

**\*Please contact St. David's Church for more information at (954) 475-8046**

## 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.**

