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.