



TRU Community Care Hospice Grief Support Groups Listing

TRU Hospice offers a variety of grief support group options to meet all the unique ways we grieve. We have groups that meet during the daytime and evenings and are focused on different kinds of loss situations.

Registration is required prior to first attendance for all groups. Please call TRU at 303-604-5213 for registration information and details about group times/locations. For additional information please visit our website at Trucare.org

ONGOING GROUPS

Lafayette Grief Support Group

Group support for anyone who has suffered a death loss.

4th Tuesday of month, 6:00-8:00pm

Bereaved Parents Support Group

Support meeting with program and sharing for bereaved parents only.

3rd Wednesday of month, 6:30-8:30pm

Sudden Loss Group

For anyone who has experienced a sudden or unexpected loss.

2nd & 4th Wednesday of month, 6:30-8:00pm

Spouse/Partner Loss Grief Support Group

For anyone who has experienced the death of a spouse or partner.

1st & 3rd Tuesday of month, 6:00-8:00

Widowed Senior Grief Support Group

For senior men and women who have experienced the death of a spouse or partner

4th Wednesday of month, 10:00am-12:00pm

Hiking Group

Support, exercise and a safe place for quiet reflection for anyone who has suffered a death loss.

May – October, Wednesdays, 5:30-7:30pm (weather permitting)

STRUCTURED GROUPS

Our structured groups provide education and support in a structured group format. Early registration is recommended as these groups fill quickly. Please contact us for additional information.

Newly Bereaved Support Program

Support, information, and networking for persons with a recent death loss. The group is recommended for people who are 1-4 months out from the loss. Sessions run for four consecutive weeks and begin each month.

Eight-Week Bereavement Support Program

For anyone who has experienced a loss. Recommended for people who are at least 6 months out from the loss. Evening and daytime groups are held throughout the year. Sessions run for eight consecutive weeks and are typically held four times per year.