

TRU Community Care Grief Support Groups

"In a culture that often avoids talking about loss, support groups give you the opportunity to share your story openly and talk about coping day-to-day..."

- Patti Cox

TRU Community Care 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 attendance.

To register, or for additional information, please call TRU Community Care Grief Services at 303-604-5213 or visit TruCare.org.

Grief Groups Location:
Lafayette

Image courtesy of akephotograph
at FreeDigitalPhotos.net

ONGOING GROUPS

Lafayette Grief Support Group

Group support for anyone who has suffered a death loss
4th Tuesday of month
6:00 - 8:00 pm

Bereaved Parents Support Group

Support meeting with program and sharing for bereaved parents only
3rd Wednesday of month
6:30 - 8:30 pm

First Year Spouse/Partner Grief Support Group

For spouses or partners whose loved one's death has occurred within the past 12 months
2nd Tuesday of month
6:00 - 8:00 pm

Spouse/Partner Loss Grief Support Group

For anyone who has experienced the death of a spouse or partner
1st and 3rd Tuesday of month
6:00 - 8:00 pm

Widowed Senior Grief Support Group

For senior men and women who have experienced the death of a spouse or partner
4th Wednesday of month
10:00 am - 12:00 pm

Hiking Group

Support, exercise and a safe place for quiet reflection for anyone who has suffered a death loss
Wednesdays May – October
5:30 - 7:30 pm
(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.

Newly Bereaved Support Program

Support, information and networking for persons with a recent death loss.

The group is recommended for people who are between 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.

The group is 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.



a nonprofit organization

COMMUNITYCARE

Hospice | Supportive Services | PACE

founded as Boulder County Hospice in 1976