



VOLUNTEER HOSPICE
OF CLALLAM COUNTY

Grief Support Group

Thursdays, Jan. 19 – Feb. 16, 2023

Five-week Series -- 1:00 – 3:00 PM

Trinity United Methodist Church, 100 Blake Ave., SEQUIM

Volunteer Hospice of Clallam County's grief support groups provide an atmosphere of safety and acceptance, where participants may:

- **share their feelings and experiences with others**
- **gain a clearer understanding of the mourning process**
- **learn coping strategies & skills for the emotional pain of loss**

Confidentiality is essential to the group process.

This emphasis on honoring one another's confidence helps to create an atmosphere of openness and trust, so essential to sharing experiences.

Free and open to anyone experiencing grief

Information & Registration: 360-452-1511
or office@vhocc.org

Volunteer Hospice of Clallam County offers bereavement services to anyone grieving, regardless of the circumstances of the death.

To learn more, call 360-452-1511 or visit volunteerhospice.org