

# Trustbridge Bereavement Centers

## Grief Support

Grief support programs are available to all who enter the journey of healing and transition after the death of their loved ones. Trustbridge bereavement support groups and workshops are open to the community and offered free of charge.

### Beginning the Journey

The early days of the grieving process can be particularly difficult. A wide variety of emotions overtake one's life as the process of coping with the loss begins. The **Beginning the Journey** workshop provides an initial overview of the grief process and provides coping strategies. We invite you to begin your grief journey with the **Beginning the Journey** workshop. Our **Beginning the Journey** workshops are available to all without prior registration.

### Open Support Groups

Open support groups provide an opportunity for adults who have lost a loved one to come together and share their struggles on various grief related topics. Most individuals find it helpful to wait 4-6 weeks following the loss of a loved one before attending a support group. Our open support groups are available to all without prior registration.

### Loss-Specific Support Groups

Our loss-specific support groups are designed to help individuals share their grief and have contact with others who have had similar losses. Groups run for up to eight consecutive weeks. Loss-specific support groups are formed based on need. Before joining any group, each member will speak with a bereavement counselor. Please call **888.499.8393** for more information and to schedule a phone appointment.



### Workshops

Our workshops are created and facilitated by our bereavement counselors and cover a variety of topics. Please call **888.499.8393** for information about upcoming workshops.

### Sea Star Children's Programs

Our Sea Star Program provides services to meet the unique needs of children and teens who have lost a loved one. We provide grief support to children and teens focused on how younger individuals experience loss and healing. Our goal is to promote resiliency, hope, courage, and self-esteem. Please call **888.499.8393** for more information about our children's bereavement programs.



*Please see the reverse side for a calendar of bereavement support options.*

For additional information about Trustbridge bereavement support, please call **888.499.8393**.

#### Juno Beach – Trustbridge Office

801 Donald Ross Rd.  
Juno Beach, FL 33408  
Directions: The office is located in a free-standing building in Plaza La Mer, which is on the north side of Donald Ross Rd. 1/4th mile west of US Highway 1. If traveling from I-95, drive approximately 4 miles to Plaza La Mer.

#### West Palm Beach Trustbridge Office

John J. Brogan Bereavement Center  
300 Northpoint Parkway, Suite 305  
West Palm Beach, FL 33407  
Directions: From I-95: exit at 45th St. and go west. Turn Right onto Northpoint Blvd. At the stop sign, turn left onto Northpoint Parkway. Take your second left into the parking lot of our building. Suite 305 is at the northwest corner of the building.

#### Boynton Beach - Trustbridge Office

1903 S. Congress Ave. Suite 201  
Boynton Beach, FL 33426  
Directions: From I-95, exit at Woolbright Rd. west, go south on Congress Ave., turn right into office park past Walgreens, on the west side of Congress.

#### Boca Raton – Trustbridge Care Center & Offices

1531 W. Palmetto Park Rd.  
Boca Raton, FL 33486  
Directions: From I-95, take the Palmetto Park Rd. exit. Head east, and proceed into the left lane as soon as possible. At the first light (Palmetto Park Square shopping center), move into the FAR LEFT turn lane and make a U-turn, then a quick right, and an immediate left onto the service road that runs parallel to Palmetto Park Rd. Follow the service road around the corner, where you will see a sign on your left for Trustbridge.

#### Belle Glade\*

Lakeside Medical Center  
39200 Hooker Hwy  
Belle Glade, FL 33430  
Directions: From N. Main Street, turn west on Hooker Hwy. Lakeside Medical Center will be on your left.

*\* Location may have changed. Please call to confirm the location prior to attending*

#### Fort Lauderdale – Trustbridge Office

550 W. Cypress Creek Rd.  
Fort Lauderdale, FL 33309  
Directions: Located on West Cypress Creek Rd. between I-95 and Powerline Rd. The building is on the south side of the road. Go south at the traffic light at NW 6th Way. Trustbridge is in the 2nd building on your left, on the fifth floor.

#### Coral Springs - Kraeer Funeral Home

1655 N. University Dr.  
Coral Springs, FL 33071  
Directions: Located about 1 mile north of Atlantic Blvd. Turn east at NW 16th St. Funeral home/parking will be on your left.

#### Pompano Beach - Kraeer Funeral Home

200 W. Copans Rd.  
Pompano Beach, FL 33064  
Directions: East of I-95 on the south side of Copans Rd. West of Dixie Hwy. The sign at the gate says Forest Lawn North..



hospice | palliative care | home care



## February 2020 Bereavement Support Groups

### **Juno Beach Trustbridge Office** 801 Donald Ross Rd., Juno Beach, FL 33408

- Thursday, February 13<sup>th</sup> at 2:00 p.m. – Open Support Group, “Initial Responses to Loss”
- Wednesday, February 19<sup>th</sup> at 5:30 p.m. – Beginning the Journey
- Thursday, February 20<sup>th</sup> at 2:00 p.m. – Open Support Group, “Normal Grief vs. Depression”
- Thursday, February 27<sup>th</sup> at 2:00 p.m. – Open Support Group, “Secondary Losses”

### **West Palm Beach Trustbridge Office** 300 Northpoint Parkway, Suite 305, WPB, FL 33407

- Thursday, February 6<sup>th</sup> at 6:00 p.m. – Open Support Group, “Coping with Special Days”
- Monday, February 10<sup>th</sup> at 1:30 p.m. – Beginning the Journey
- Monday, February 10<sup>th</sup> at 2:00 p.m. – Open Support Group, “Judgments: Guilt and Resentment”
- Thursday, February 20<sup>th</sup> at 5:30 p.m. – Beginning the Journey
- Thursday, February 20<sup>th</sup> at 6:00 p.m. – Open Support Group, “Signs of Reconciling Your Grief”
- \*Thursday, February 20<sup>th</sup> – Parenting the Grieving Child Support Group for parents and children
- Monday, February 24<sup>th</sup> at 2:00 p.m. – Open Support Group, “Coping with the Reality of the Loss”

### **Boynton Beach Trustbridge Office** 1903 S. Congress Ave. Suite 201, Boynton Beach, FL 33426

- Thursday, February 6<sup>th</sup> at 2:00 p.m. – Open Support Group, “Signs of Reconciling Your Grief”
- Tuesday, February 11<sup>th</sup> at 5:30 p.m. – Beginning the Journey
- Tuesday, February 11<sup>th</sup> at 6:00 p.m. – Open Support Group, “Initial Responses to Loss”
- \*Tuesday, February 18<sup>th</sup> – School Grief Groups parents and children Meet & Greet
- Thursday, February 20<sup>th</sup> at 1:30 p.m. – Beginning the Journey
- Thursday, February 20<sup>th</sup> at 2:00 p.m. – Open Support Group, “Initial Responses to Loss”
- Tuesday, February 25<sup>th</sup> at 6:00 p.m. – Open Support Group, “Normal Grief vs. Depression”

### **Boca Raton Trustbridge Office** 1531 W. Palmetto Park Rd., Boca Raton, FL 33486

- Saturday, February 1<sup>st</sup> at 2:00 p.m. – Open Support Group, “Initial Responses to Loss”
- \*Monday, February 3<sup>rd</sup> at 2:00 p.m. – Workshop – “Visual Journaling”
- Wednesday, February 5<sup>th</sup> at 6:00 p.m. – Beginning the Journey
- Wednesday, February 5<sup>th</sup> at 6:30 p.m. – Open Support Group, “Coping with Special Days”
- Monday, February 10<sup>th</sup> at 1:15 p.m. – Beginning the Journey
- Monday, February 10<sup>th</sup> at 2:00 p.m. – Open Support Group, “Stress Management”
- Saturday, February 15<sup>th</sup> at 2:00 p.m. – Open Support Group, “Normal Grief vs. Depression”
- Wednesday, February 19<sup>th</sup> at 6:30 p.m. – Open Support Group, “Signs of Reconciling Your Grief”
- Monday, February 24<sup>th</sup> at 2:00 p.m. – Open Support Group, “Judgments: Guilt and Resentment”

### **Belle Glade** Lakeside Medical Center – 39200 Hooker Hwy, Belle Glade, FL 33430 – Conference Room 1

- Monday, February 3<sup>rd</sup> at 1:00 p.m. – Open Support Group, “Normal Grief vs. Depression”
- Monday, February 17<sup>th</sup> at 1:00 p.m. – Open Support Group, “Secondary Losses”
- \*Thursday, February 27<sup>th</sup> – TBA After-School Event Belle Glade Schools

### **Fort Lauderdale Trustbridge Office** 550 W. Cypress Creek Rd., Suite 560, Fort Lauderdale, FL 33309

- Tuesday, February 4<sup>th</sup> at 5:30 p.m. – Beginning the Journey
- Tuesday, February 4<sup>th</sup> at 6:30 p.m. – Open Support Group, “Secondary Losses”
- Tuesday, February 18<sup>th</sup> at 6:30 p.m. – Open Support Group, “Stress Management”

## Upcoming Bereavement Support Events

- \*March 7, 2020 - Camp Good Grief Training for Volunteers- West Palm Beach
- \*March 10, 2020 - Mandatory Camp Good Grief Camper/Family Meeting- Boca Raton
- \*March 12, 2020 - Mandatory Camp Good Grief Camper/Family Meeting- Ft. Lauderdale
- \*March 17, 2020 - Mandatory Camp Good Grief Camper/Family Meeting-West Palm Beach
- \*March 27-29, 2020 - **Camp Good Grief**, our weekend grief camp for children/teens ages 8-17, will be held at Tanah Keeta Scout Reservation. Applications now available!.

**\*Please call 888.499.8393 to RSVP for Workshops and Events**

For additional information regarding Trustbridge bereavement services, please visit

<https://www.trustbridge.com/services/grief-support>