



Why Virtual?

Although it may seem right now that the world has stopped all around us, one thing remains continuous—we still have grieving people in the world. Through our work at Pennyroyal Hospice, we have seen the tremendous benefit that can come through connections made at grief support groups. Since we are unable to hold in-person groups at this time, we decided to go virtual. Through our virtual groups our goals will be threefold:

- ◆ Connect the bereaved with others who are grieving and allow for sharing and peer support
- ◆ Educate about grief and common reactions
- ◆ Provide tools to help grievers cope in healthy ways

How Will It Work?

- Once contacted, the bereavement coordinator will send out a packet of information and a registration form and informed consent. All participants will be required to complete these forms and return them to the bereavement coordinator before the sessions begin.
- This will be a closed group and only registered participants will be allowed to attend. Depending on the response, groups may be limited in size to allow for better connections with others. More than one group may have to be formed. This will be done at the coordinator's discretion.
- The day of the group, participants will be sent an e-mail with a link to join the group for that day's meeting. The platform used will be GoToMeeting.
- Groups will meet for six weeks just like the in-person groups with the option after that to be a part of an ongoing group.
- In the group, the topics covered will be common grief reactions, emotions of grief, healthy coping strategies, and coping through the holidays.

When Will Groups Meet?

Two groups will be offered:

Group 1— Tuesday Group

June 2, 9, 16, 23, 30 and July 7

11:00 AM-12:30 PM

Group 2—Thursday Group

June 4, 11, 18, 25 and July 2, 9

4:00 PM -5:30 PM

To Register call Kim Baggett

270-885-6428 or email

kbaggett@pennyroyalhospice.com



Groups are free of charge and open to the community.

It's All About Connecting

Connecting— joining or linking together, especially as to provide access and communication.

Grief support groups are all about connecting! If you are on this journey of grief, we want to connect you with others through our in-person grief support groups and now through our virtual groups. Won't you join us?



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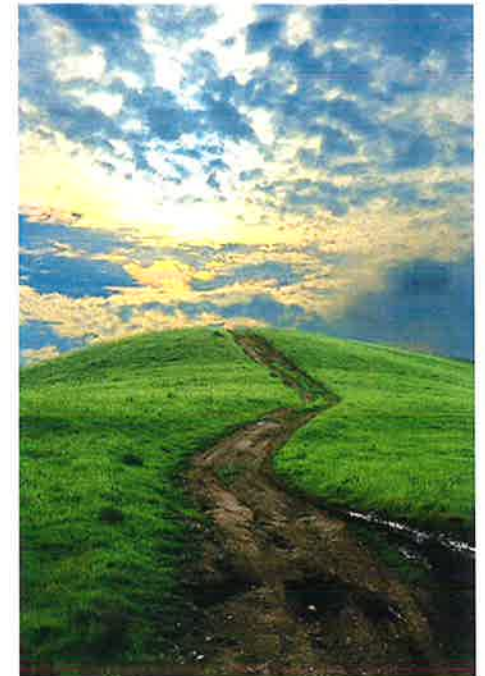


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“Help for the Journey” Virtual Groups



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