

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 ADULT GRIEF GROUPS

Lafayette Grief Support Group

For those who have experienced the death of someone significant.
Meets 4th Tuesday
6:00 - 8:00 PM

Bereaved Parents Grief Support Group

Support meeting with program and sharing for bereaved parents only.
Meets 3rd Wednesday
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.
Meets 2nd Tuesday
6:00 - 8:00 PM

Spouse/Partner Loss Grief Support Group

For people who have experienced the death of a spouse or partner.
Meets 1st & 3rd Tuesdays
6:00 - 8:00 PM

Widowed Senior Grief Support Group

For men and women who have lost a spouse or partner.
Meets 4th Wednesday
10:00 AM - 12:00 PM

Sudden Loss Grief Support Group

Support for those who experienced the sudden, unexpected loss of a loved one.
Meets 4th Monday
6:00 - 8:00 PM

After the Losses: Dementia Grief Support Group

For those who have experienced the death of a loved one to dementia.
Meets 2nd Wednesday
6:00 - 8:00 PM

Yoga After Loss Grief Support Group

Exploring grief through yoga poses, breath work, and meditation.
Periodic offering based upon interest.

Boulder Hiking Group

Combines nature and support for people who are grieving or caregiving.
Seasonal.

STRUCTURED ADULT GRIEF GROUPS

Our structured groups provide education and support in a structured group format. Early registration is recommended as these groups fill quickly.

Newly Bereaved Grief Support Program

Support, information and networking for persons with recent death losses. 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 Grief Support Group

For anyone who has experienced a death 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.

Writing Through Grief Support Group

Support, information and networking for persons with death losses. Periodic offering based upon interest.



COMMUNITYCARE
PACe | Palliative Care | Hospice | Supportive Services
founded as Boulder Hospice in 1976