

# GRIEF COUNSELING SERVICES

Grief is a valid and natural process. Hospice SLO County offers supportive counseling to anyone in our community who is grieving a death whether the loss occurred yesterday or twenty years ago. Anticipatory grief counseling is also available to support individuals facing their own death or the death of a loved one.



## Individual and Family Grief Counseling

Individual and family grief counseling is available to anyone grieving a death regardless of when, where, or how the death occurred. Counseling is available by appointment and can be conducted in person, virtually, or telephonically.

Counseling is provided by Licensed Therapists, Registered Associate Marriage and Family Therapists, Associate Clinical Social Workers, and Master's Prepared Trainees under the clinical supervision of licensed staff.



## Grief Support Groups

Support groups are offered to allow the bereaved to find comfort and support by connecting with others in similar circumstances. Support Groups provide emotional support and education about the grief process. Groups are also available for individuals who are struggling with a life-limiting illness and their loved ones. Groups are conducted in person and/or on Zoom.

**General Grief:** This group helps those grieving the loss of a loved one (friend, partner/spouse, child, relative, etc.). This group also includes anticipatory grief, which means those expecting the loss of a loved one.

**Spouse and Partner Loss:** This group is for adults who want support from those also grieving the loss of a partner or spouse.

**Suicide Bereavement:** This group is for those left behind after someone important to them has died by suicide.

**Family Caregiver:** This group meets virtually to encourage, support, and emphasize self-care for family caregivers regardless of the diagnosis of the care receiver.

**Visit [www.hospiceslo.org](http://www.hospiceslo.org) for the current support group schedule and registration.**



All services are provided at no charge. Donations appreciated.

(805) 544-2266 | [www.hospiceslo.org](http://www.hospiceslo.org)

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