



Grief Support Schedule | Bryan | July-December 2019

All groups and events are no cost to attend & open to the public

Support Groups & Classes

Widowed Spouses Support Group

1st & 3rd Tuesday of each month

1:00pm-2:30pm

Location: 105 N. Sterling Ave., Bryan

A twice-monthly support group

open to anyone who is grieving the death of a spouse.

RSVP: griefsupport@hospicebrazosvalley.org

Beyond Grief Series

Call to register for next series

A 6-week grief class about moving

forward. Open to adults grieving the loss of a loved one. Provides practical strategies for coping and moving forward after loss.

Special Events

Financial Literacy & Grief Workshop

Saturday, September 28th

10:30am - 12:00pm

Location: 105 N. Sterling Ave., Bryan

Losing someone you love is life altering. You may find yourself taking on new roles with little time to prepare. Those attending will leave with knowledge and resources needed to navigate their finances. RSVPs appreciated.

Expressing Grief Through Art

Monday, October 14th

5:30pm - 7:00pm

Location: 105 N. Sterling Ave., Bryan

This workshop explores creative outlets for grief through visual art. No artistic skill or art supplies needed to participate. Local artist will lead you through guided activities to help express loss and grief in ways you may not have previously considered.

Holidays Without You

Thursday, November 14th

5:30pm - 7:00pm

Location: 105 N. Sterling Ave., Bryan

Gain practical advice to help guide your grieving heart through the holiday season. Learn meaningful ways to honor your lost loved one while also loving those around you. Space is limited. RSVPs appreciated.

Handling Holiday Grief

Saturday, November 23rd

10:00am - 12:00pm

Location: Astin Mansion

506 W. 26th Street, Bryan

Uplifting guidance provided to help you create a plan to navigate through the unique hurdles encountered when grieving the loss of a loved one during the holiday season. Led by HBV Chaplain & Grief Specialist, Gary Roe. Space is limited. RSVPs appreciated.

No Cost to Attend, Space is Limited | RSVPs 979-821-2266 or griefsupport@hospicebrazosvalley.org

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