



Young Adult

Grief Discussion Group in Richmond Spring 2020

Weekly on Thursdays from 6:30-8:30pm
March 5 - April 23

“My friends just don’t get it.”

“I’ve been forced to grow up really fast.”

“How am I going to face significant events now that my loved one is gone?”

These are common concerns for young adults who have experienced the death of a loved one. This free eight-week grief support group, specifically for **people ages 18 to 30**, will help to connect young adults with others navigating life after a significant loss.

Topics will include:

- finding grief info online
- sharing personal stories of loss
- understanding grief
- interacting with friends and family
- developing ways to cope
- anticipating big life events

Please register by contacting Kristen Emerson, LCSW by February 28.

Bon Secours Hospice | 804-433-4710 | bereavement@bshsi.org