

Each Life is a Gift



BEREAVEMENT SUPPORT GROUP FOR FAMILIES WHO HAVE LOST A CHILD

1st Wednesday of each month

6:00 p.m. to 6:30 p.m.
Family dinner (provided by CHOC)

6:30 p.m. to 7:30 p.m.
Groups

Groups Offered

Children- Ages 8-12 (English)
Adults (English)
Adults (Spanish)

Group Topics

JANUARY- Taking Care of YOU
FEBRUARY- Dealing with Feelings of Guilt
MARCH- Knowing When to Ask for Help
APRIL- Finding Purpose in Loss
MAY- Identifying your Support System
JUNE- Helping Children Grieve

JULY- Facing Difficult Memories
AUGUST- Ways to Remember
SEPTEMBER- Sharing with Others
OCTOBER- Coping with Anniversaries
NOVEMBER- No group -Memorial Service
DECEMBER- Surviving the Holidays

CHOC Children's
1201 W LaVeta, Orange Ca 92868
CHOC West Clinic Bldg, 2nd Floor
(Check directory and signs for exact room)

Information Line: (714) 509-8521

