

Bereavement Support Group

For Adjusting to the Death of a Loved One

March 5th – April 16th, 2018

5:00 – 6:30 p.m.

Weekly meetings on Monday
evenings for 6 weeks.

Southern Utah University
Counseling & Psychological Services
136 W. Center

For more information and to register,
please call:
435-865-8621



The death of a loved one is a powerful and emotional experience. It can shatter life as one used to know it. Three elements that seem to assist in processing grief following the death of a family member or friend are:

- Gathering relevant information from a knowledgeable professional
- Talking to others about your loss
- Listening to others who have had similar experiences

Several types of evening bereavement groups are offered;

- ❖ Adults grieving the death of a family member or friend
- ❖ Adults grieving the death of a spouse or partner
- ❖ Adults grieving the death of a family member or friend to suicide
- ❖ Adults grieving the death of a family member or friend to murder
- ❖ Adult perinatal loss group (loss of a baby) held as requested, call for more information

Our bereavement support groups are led by professionals holding Masters or Doctoral Degrees in Social Work or Psychology.