

# Virtual Grief Support Groups



Joining one or more of our virtual grief support groups is easy, just reach out to the group's leader to RSVP and to receive participant information. You can attend by phone or by logging in via your computer, tablet, or mobile device.

## **Heartache to Healing • Monthly, 4th Tuesday, 11:00 a.m. ET / 10:00 a.m. CT**

A grief support group that educates on various topics, allows sharing of your own grief responses, promotes self-care, and demonstrates positive coping techniques.

RSVP to Bereavement Coordinator Cindy Lucas at [clucas@elara.com](mailto:clucas@elara.com) or 517.262.9668.

## **Restorative Yoga • Monthly, 3rd Friday, 7:00 p.m. ET / 6:00 p.m. CT**

Restorative yoga combines breath with seated positions to assist with reducing anxiety and stress from grief. Beginners and seasoned yogis welcome.

RSVP to Bereavement Coordinator Kathy Lorz at [klorz@elara.com](mailto:klorz@elara.com) or 330.807.9842.

## **Grief and Spirituality • Monthly, 2nd Thursday, 10:00 a.m. ET / 9:00 a.m. CT**

This group provides grief support through a caring and compassionate spiritual lens. During grief, it is common for one's spirituality to be challenged. Our intention is for this group to give you the space to express feelings, search for meaning, create rituals, and strengthen your spiritual foundation.

RSVP to Bereavement Coordinator Nancy Vanderroest at [nvanderroest@elara.com](mailto:nvanderroest@elara.com) or 269.251.3798.

## **Healing Through Art – Scrapbooking with Love & Paying Tribute • Monthly, last Saturday, 2:00 p.m. ET / 1:00 p.m. CT**

A unique opportunity for bereaved clients to bond with others, grieve, heal, and share their stories and photos through scrapbooking and creating a tribute piece.

RSVP to Bereavement Coordinator Amy Barber at [abarber@elara.com](mailto:abarber@elara.com) or 517.395.0940.

## **Men's Coffee Hour • Monthly, 2nd Wednesday, 9:00 a.m. ET / 8:00 a.m. CT**

Grab a cup of coffee and join other men who have experienced loss to discuss struggles, adjust to a new normal, find suggestions on how to cope, and learn what to do to help process the loss of your loved one.

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## **Hope for the Holidays • Various November 2022 dates & times below**

A one-hour webinar on coping with grief during the holidays. Information will be provided on ways to honor and acknowledge your loved one during the holiday season, ideas to help with grief responses throughout the holidays, and strategies for holiday planning while grieving.

RSVP to Bereavement Coordinator Cindy Lucas at [clucas@elara.com](mailto:clucas@elara.com) or 517.262.9668.

### Dates offered:

- November 8, 10:00 a.m. ET / 9:00 a.m. CT
- November 9, 7:00 p.m. ET / 6:00 p.m. CT
- November 10, 10:00 a.m. ET / 9:00 a.m. CT
- November 15, 7:00 p.m. ET / 6:00 p.m. CT
- November 16, 10:00 a.m. ET / 9:00 a.m. CT
- November 17, 7:00 p.m. ET / 6:00 p.m. CT

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