

# 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 DeAnne Burke at [dburke4@elara.com](mailto:dburke4@elara.com).

## **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 Hope Wade at [hwade@elara.com](mailto:hwade@elara.com) or 765.480.0224.

## **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.

## **Adult Tears • Monthly, 2nd Tuesday, 11:00 a.m. ET / 10:00 a.m. CT**

Losing a parent as an adult brings a unique sense of loss, often with multiple layers of grief. Please join us as we process changes, learn to adjust to a new normal and remember our parents.

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

## **Hope for the Holidays • Various November 2023 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 7, 10:00 a.m. ET / 9:00 a.m. CT
- November 9, 10:00 a.m. ET / 9:00 a.m. CT
- November 14, 7:00 p.m. ET / 6:00 p.m. CT
- November 16, 7:00 p.m. ET / 6:00 p.m. CT

**833.GoElara (833.463.5272) • Elara.com**