



Bereavement Support Groups

A Plus Hospice Care is here to support you through the loss of your loved one. Our Bereavement Program offers a variety of options tailored to give you the opportunity to choose the level and amount of bereavement care that is best for you during this time of social distancing.

We provide individual counseling sessions for family members whose loved ones have been on our service via telephone or FaceTime as well as Bereavement Group and Book Study via Zoom.

To best stay connected at this time we are offering:

Bereavement Group via “Zoom”: On the **First Tuesday** of the month we will provide an open forum support group to share our feelings as we move through the grieving process. **2:30-3:30 pm.**

October 6th November 3rd December 1st

Book Study Group via “Zoom”:

Our October book is: “Radical Compassion” by Tara Brach

October 14th at 1:00-2:00 pm and October 28th at 1:00-2:00 pm

Our November book is: “You are Here” by Thich Nhat Hahn

November 11th at 1:00-2:00 pm and November 25th at 1:00-2:00 pm

Our December book is: “Care of the Soul” by Thomas Moore

December 2nd 1-2 pm December 16th 1-2 pm December 23rd 1-2 pm

If you are interested in participating please contact Dr. Karen at karen@aplushospicecare.com or (775) 351-7346 for details and instructions. If you are not familiar with the Zoom venue please don't shy away. It is not difficult, and I am delighted to walk you through the instructions.