



The Healing Journey **Bereavement Support Group**

**Four 8-Week sessions are
scheduled in 2024
on Fridays, 3:30 – 5 p.m.
(See dates on reverse side)**

**Classroom 6 –
(Check in at the Main Entrance Hello Desk
to receive your visitor's pass)**

**Northridge Hospital
Medical Center
18300 Roscoe Blvd.,
Northridge, CA 91328**

*This group is a collaboration between the
Northridge Hospital Spiritual Care Department
and Vitas Hospice and Roze Room Hospice.*

**Space is limited. To R.S.V.P., please call
the Spiritual Care Department
at 818-885-8500, ext. 24557
Monday – Friday, 7:30 a.m. - 6 p.m.**

**Messages left after hours and weekends
will be returned on the next working day.**

*The Spiritual Care Department provides spiritual
support respectful to all of the faith traditions of
our patients and families.*

Grief is normal and natural, but many of the ideas we have been taught about dealing with grief are not helpful. While some emotions are common, they do not necessarily come in the stages of grief we have heard about.

Mourners will experience a wide and unique range of feelings, mental reactions, physical effects, spiritual struggles, and behavioral or social difficulties in the course of their grief journey. Because of the many different experiences and changes that can occur, bereavement support, usually through the help of a grief support group, can be incredibly helpful as you mourn.

This is an eight (8)-week bereavement support group that creates a safe environment in which to look at old beliefs about dealing with loss; to look at what other losses have affected your life; and to take new actions that lead to completion. The program is geared towards providing support for those who have recently lost a loved one.

Each bereavement session builds on the previous one, so attendance and commitment are essential. There is no fee to participate in the grief support group sessions.

The Healing Journey Bereavement Support Group **2024 Schedule**



February 23 to April 12, 2024
Fridays, 3:30 – 5 p.m.



May 3, to June 21, 2024
Fridays, 3:30 – 5 p.m.



July 12 to August 30, 2024
Fridays, 3:30 – 5 p.m.



September 27 to November 15, 2024
Fridays, 3:30 – 5 p.m.



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