



*Gone from our Sight  
never from our hearts*

If you have suffered the death of a loved one and would benefit from sharing with other adults who are also bereaved, please join us. There is no fee.

Coping with loss is discussed in a supportive and confidential environment, facilitated by professional bereavement counselors. It can be reassuring to talk with others who are going through similar experiences. Topics may include:

- Understanding the grieving process
- Adjusting to life without the loved one
- Dealing with loneliness
- Taking next steps
- Finding meaning and reinvesting in life

**3rd Wednesday of the month, beginning Feb. 21, 2024 • 2-3 p.m.**

**Copper Springs Retirement Community**

3303 E. Gary Way, Gilbert, AZ 85234

**No registration required. Drop-in group.**

Our grief support groups are offered throughout Maricopa County and are open to any adult over 18 who has experienced a loss through death.

Call the Bereavement Dept. **(602) 530-6970**  
or visit [hov.org/grief-support](http://hov.org/grief-support) for more info.

