

BEREAVEMENT SERVICES



HOUSTON HOSPICE
Life Matters

The Houston Hospice Bereavement Department offers individual bereavement counseling support for loved ones of our patients for over one year. If you or a loved one need help, please call 713-677-7131 to learn more.

Bereavement support groups are another way to manage grief. Several support groups are available from Houston Hospice. All groups are open to the public at no charge.

ONGOING ADULT GRIEF SUPPORT GROUPS

Grieving is a natural part of healing, and sharing with others can be very helpful. Come listen, share, and be with others who understand. These groups are open-format and provide ongoing support to adults who have experienced loss by death. The groups are facilitated by Houston Hospice staff and volunteers. Registration is not required. (Please allow 4-6 weeks after a death before attending a group.)

Evening Support Group

1st and 3rd Mondays

6:30-8 p.m.

At Houston Hospice
1905 Holcombe Blvd.

Houston, TX 77030

In the 1st floor family room

Afternoon Support Group

2nd and 4th Tuesdays

1-2:30 p.m.

At Houston Hospice
1905 Holcombe Blvd.

Houston, TX 77030

In the 1st floor family room

GRIEF SUPPORT FOR CHILDREN AND TEENS

Children and teens are referred to Bo's Place as needed www.bosplace.org.

Bo's Place is a local resource that provides bereavement support specifically for children and teens.

This support is also offered free of charge.



Houston Hospice • Member of the Texas Medical Center
1905 Holcombe Blvd., Houston, Texas 77030
713-677-7127 • www.houstonhospice.org

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TIME-LIMITED ADULT GRIEF SUPPORT GROUPS

Life After Loss Groups in Houston and Wharton

Life After Loss is a six-week grief support group and educational series designed to help people understand the process of grief, assess where they are in the process, and plan for how they will continue to heal. The group is open to anyone who has experienced the loss of a loved one by death. This group requires registration and we ask that you commit to all six group sessions.

- Life After Loss, Houston call 713-677-7127
- Life After Loss, Wharton call 713-677-7127

Widow and Widower's Support Group in Richmond

An ongoing Widow and Widower's Support Group meets in Richmond on the 1st and 3rd Thursdays of each month from 10 a.m. to noon at St. John's United Methodist Church. No registration is required for this group.

Helping Our Pain Ease (H.O.P.E.) in Sugar Land

HOPE is a seven-week bereavement support group offered in Sugar Land. Registration is required. This group meets seven consecutive Thursday evenings. Call 713-677-7127 for dates and registration.

An Empty Place at the Table (Holiday Group) in Houston and El Campo

We understand how difficult grief can be, especially during the holidays. Each November Houston Hospice offers a special seminar where you will learn tips to help you cope during this stressful time. During this two-hour seminar you will hear suggestions on coping with family traditions, you'll have an opportunity to share your feelings and fears about the holidays, and connect with others who are experiencing the holidays with a similar 'Empty Place at the Table.'

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