

Support Groups

Ongoing:

- **Bereavement Support Potluck Social:** All are invited to gather in a friendly environment where it's safe to talk about grief or to simply enjoy the company. It is held the first Wednesday of every month at Hope Hospice from 5:30-7:00pm. Bring a dish to share.
- **Child Loss Support Group:** This ongoing support group meets the second Saturday of each month at the Westside Community Center from 9:00-10:30am. No registration required.
- **Covid Support at Conviva Wellness Center:** Come together with other adults ages 55+ who have been impacted by the isolation of the pandemic. It is held on the second Monday of every month, 1:15-2:15pm. RSVP by calling 832-630-1212.
- **Caregiver Support Groups:** Providing care to a loved one with dementia can be lonely. Connect with others who may understand. Contact Chris Sitton at 830-730-0006 with any questions.
 - McKenna in New Braunfels: 2nd Tuesday at 2:00
 - Elan Westpointe: 2nd Thursday at 2:00
 - Bulverde/Spring Branch Activity Center: 3rd Wednesday at 2:00
 - Memory Care of New Braunfels: 4th Tuesday at 4:00

Beginning at various points throughout the year:

- **Good Grief:** Growing through the Losses. A 7-week support group developed by Judy Kovacs-Long. Registration and intake required. Groups are formed as interest dictates, so please call to let us know if you are interested.
- **Healing the Heart:** A 6-week course in bereavement. Registration required. Groups are formed as interest dictates, so please call to let us know if you are interested.
- **Help Through the Holidays:** Meets November through early January each year. No registration required.
- **Family Night:** Support group for children ages 5-18 and their caregivers. Provides opportunities to strengthen the family unit and for each attendee to connect with peers. Held each Spring and Fall, registration and intake required.

Be on the look-out for these groups and workshops:

- **Apollo ante la Perdida:** Grief support group for adults offered in Spanish
- **Young Adult Group:** for ages 18-25
- **SoS:** workshop for those surviving the suicide of a loved one
- **Moral Injury Workshop**
- **Creative expression workshops**
- **Family Resilience Adventure Days**

Related services we can offer:

- Private support groups for schools, churches, businesses, or other groups with multiple losses or who have a shared loss.
- Education and guidance on how to respond to grief. Our most requested training is "How to Talk to Children About Death and Dying". Call or email us to discuss other training options.