

Help Through the Holidays

A group that provides support and care through the holiday season for those coping with the death of a loved one.

Fridays starting November 18, 2022

10:00 am - 11:30 am
Bulverde Spring Branch
Activity Center
30280 Cougar Bend
Bulverde, Texas 78163

Tuesdays starting November 22, 2022

6:00 pm - 7:30 pm
Hope Hospice
Hampel-Wuest
Grief and Hope Center
611 N Walnut Ave
New Braunfels, Texas 78130

What to expect:

November 18 & 22:
Thanksgiving Traditions...or not
November 29 & December 2:
Coping Skills
December 6 & 9:
Loneliness, Exhaustion, and Triggers
December 13 & 16:
Holiday Traditions
December 20 & 23:
Honoring Memories
December 27:
10:00 - 11:30 ZOOM Only
In the Thick of It- Checking In
January 3 & 6:
New Beginnings

Registration is not required to attend Help Through the Holidays.
If you have any questions please call us at (830)358-5300
or email grief@hopehospice.net

