



Sudden Loss Grief Support Group

"Nothing is lost that love remembers." - Kate McGaha

Honoring Your Journey

**A support group for those who have
experienced the sudden death of a loved one**

The sudden, unexpected loss of someone we love is shocking and difficult to comprehend, often for a very long time.

This ongoing group offers a safe, supportive space in which to navigate the specific challenges and conflicting emotions that accompany sudden loss. The compassion and understanding of others sharing similar experiences is one of the most valuable ways to recognize and honor your journey.

When: 4th Monday
of each month

Time: 6:00 - 8:00 pm

Location: Lafayette

Registration Required:

To register, or for additional information,
please call TRU Community Care
Grief Services at 303-604-5213
or visit TruCare.org



COMMUNITYCARE

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founded as Boulder Hospice in 1976