

A HOPE AND COMFORT IN GRIEF PROGRAM

# COVID-19

## *Support Groups*

### COVID-19 Grief Support Group

Tuesdays from 5:30 pm to 7:00 pm

January 12 to March 2

This group will be focused on COVID-19 related grief—this includes those who have lost a family member or friend to coronavirus as well as all who are grieving deaths that were disrupted. Disrupted grief experiences include family unable to be present in the hospital or nursing home at the time of death, no family funeral gatherings, family unable to travel to memorials, or memorial events being delayed. Losses in these unprecedented circumstances have potential to be experienced as trauma, and require compassionate, evidenced-based care.

### COVID-19 Recovery Support Group

Tuesdays from 5:30 pm to 7:00 pm

January 5 to March 23

This group will be focused on support for individuals who have had COVID-19 and are dealing with emotional struggles related to their illness and any lasting symptoms. As a relatively new experience, surviving COVID-19 has its own unique set of challenges that society as a whole is still learning about. People who are dealing with these difficulties can find support in this group from others with similar experiences.

**Group registration is required.**

Please call **801-585-9522** for more information and to register.

This group will be free for participants due to generous funding from the State of Utah Department of Human Services.

Groups will be held online via Zoom and are open to all Utah residents.

[www.nursing.utah.edu/caring-connections/](http://www.nursing.utah.edu/caring-connections/)

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*Our support groups are led by health care professionals holding Masters or Doctoral Degrees in Social Work, Psychiatric Nursing, or Licensed Professional Counseling.*