



2023 First Quarter Grief Support Opportunities

JANUARY

Grief Support Group – Hospice of East Texas, Oge Building	01/09/23, 6-7p
Grief 101 Support Group – via Zoom	01/19/23, 12-1p
Grief Support Group – via Zoom	01/24/23, 12-1p
Children & Teen Support Group – Hospice of East Texas	01/26/23, 5:30-6:30p

FEBRUARY

Self Care While Grieving – via Zoom	02/02/23, 12-1p
Grief Support Group – Hospice of East Texas, Oge Building	02/06/23, 6-7p
The Four Tasks of Grieving – via Zoom	02/16/23, 12-1p
Grief Support Group – via Zoom	02/21/23, 12-1p
Children & Teen Support Group – Hospice of East Texas	02/21/23, 5:30-6:30p
Grief Seminar – Hospice of East Texas	02/25/23, 9a-12p

MARCH

Processing Difficult Emotions – via Zoom	03/02/23, 12-1p
Grief Support Group – Hospice of East Texas, Oge Building	03/06/23, 6-7p
Setting Appropriate Grief Expectations – via Zoom	03/16/23, 12-1p
Grief Support Group – via Zoom	03/21/23, 12-1p
Children & Teen Support Group – Hospice of East Texas	03/23/23, 5:30-6:30p

APRIL

Grief Support Group – Hospice of East Texas, Oge Building	04/03/23, 6-7p
Supporting Those Who Are Grieving – via Zoom	04/13/23, 12-1p
Grief Support Group – via Zoom	04/18/23, 12-1p
Growing Through Grief – via Zoom	04/27/23, 12-1p
Children & Teen Support Group – Hospice of East Texas	04/27/23, 5:30-6:30p
Grief Seminar – Hospice of East Texas	04/29/23, 9a-12p

**Pre-registration &/or questions: 903-266-3400, extension 127*