

# Healing Hearts

Grief Support Group



## Find Support in Your Grief

As you mourn the loss of your loved one, know that our staff is here to support you in every way we can. From the moment your loved one came into our care, you and your family became part of our care as well.

As you navigate life without them, you can rely on us for guidance, advice, and support. Connecting with others who understand your grief may help you cope, and we invite you to join our twice-monthly Zoom grief support group. This group is facilitated by bereavement experts Nancy Weil and MaryLou Jackson, LMHC, who provide compassionate guidance in a supportive setting.

During these sessions, you are welcome to ask questions, share your feelings, or simply listen—participation is entirely up to you. You may attend as many or as few sessions as you like, always knowing you are in a safe, confidential space.

In this group, you will connect with others who understand your pain because they, too, are grieving. You will receive expert support and learn tools to help you navigate your grief. Most importantly, you will find reassurance that you can make it through each day.

If you have a friend or family member who is also grieving, please share our program information with them—our support is open to anyone in the community who needs it.

## How to Join

Healing Hearts Grief Support Group meets on the 1st & 3rd Tuesday of each month at **7:00 PM EST | 6:00 PM CST**

### First Tuesday of the Month



Scan here to register and join via Zoom

[tinyurl.com/HealingHearts1stTuesday](https://tinyurl.com/HealingHearts1stTuesday)

### Third Tuesday of the Month



Scan here to register and join via Zoom

[tinyurl.com/HealingHearts3rdTuesday](https://tinyurl.com/HealingHearts3rdTuesday)

### Audio Chat via Your Phone

Dial **305-224-1968** and enter Meeting ID:  
First Tuesdays: **829 5626 1818#**

**Participant ID: #**

**Password: 842872#**

Third Tuesdays: **829 3276 0854#**

**Password: 372728#**

Questions?

 716-908-9154

 [nancyhealinghearts@gmail.com](mailto:nancyhealinghearts@gmail.com)