

# **Barton offers regular grief support group**

Barton Hospice's Reflections of Life and Loss is a grief support group on the first and third Thursday of each month from 5 to 6pm.

Meetings are at 2092 Lake Tahoe Blvd., Ste. 600, South Lake Tahoe.

Barton Hospice encourages people who have experienced the loss of a loved one or have endured a significant, life-altering event to attend.

The benefits of a bereavement group include sharing emotional connections with others when many cannot find peace with friends and family. This grief support group also helps teach attendees how to cope with certain situations and provides an opportunity and comfortable atmosphere to release emotions they may otherwise keep to themselves.

For more information or to RSVP, call Barton Hospice at (530) 543.5581.