

Barton offers monthly bereavement groups

Barton Hospice encourages people who have experienced the loss of a loved one or have endured a significant, life-altering event to their ongoing bereavement group called “Reflections of Life and Loss.”

Sessions are the first and third Thursday of each month from 5-6pm at 2092 Lake Tahoe Blvd., Suite 600, South Lake Tahoe.

The benefits of a bereavement group include sharing emotional connections with others when many cannot find peace with friends and family. In addition, the bereavement group will help teach attendees how to cope with certain situations. Support and bereavement groups offer people the opportunity to release emotions they may otherwise keep to themselves.

“Reflections of Life and Loss” can improve a participant’s mood and decrease psychological distress. For questions or more information, call Barton Hospice (530) 543-5581.