

Grief counseling available through Barton

Barton Hospice's Reflections of Life and Loss grief support group meets the first and third Thursday of each month. Time varies so call ahead – 530.543.5581.

Meetings are at 2092 Lake Tahoe Blvd., Suite 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 ongoing bereavement group. This group helps teach attendees how to cope with certain situations and encourages emotional connections with others.

Support and bereavement groups allow people to release emotions they may otherwise keep to themselves. It can improve a participant's mood and decrease psychological distress.