

Barton grief support group changes times

Reflections of Life and Loss, Barton Hospice's grief support group, has changed meeting dates and times.

People who have experienced the loss of a loved one or endured a significant, life-altering event are encouraged to attend. This group teaches attendees how to cope with certain situations and encourages emotional connections with others. It can improve a participant's mood and decrease psychological distress.

The meeting times are the second and fourth Thursday of every month from noon-1:30pm at 2092 Lake Tahoe Blvd., Suite 600, South Lake Tahoe.

For more info, contact Tina Bruess at 530.543.5592.