

# COVID-19 BEREAVEMENT GROUP

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## FREE ONLINE SUPPORT GROUP

Groups available:

Tuesdays 10:30 a.m. to Noon or  
Thursdays 1:30 to 3 p.m.

To register, contact:

[jwehner@abbehealth.org](mailto:jwehner@abbehealth.org)

Or call Intake: (319) 398-3562 option 3



COVID-19 has turned our world upside down and made us realize how precious life is. Many are experiencing loss in ways not even imagined. It is difficult to grieve in the ways we once took for granted due to circumstances caused by COVID – 19, such as not being able to be there when the family member or friend died and/or not being able to hold visitations and funeral services as done traditionally. This can add to feelings of loss and isolation, making difficult to move through the grieving process.

Abbe Community Mental Health is offering a free online support group specifically for individuals dealing with loss due to COVID-19 to bring together individuals who may be the struggling in this way.

Group sessions will include:

What is grief and why do I feel so badly?

How do I bounce back?

Resources to continue the healing journey through grief

Opportunities to share your grief journey

Sessions will begin June 2<sup>nd</sup>. You will receive a call before the group begins for the leader to learn more about you and ensure this group is beneficial for your situation.