

# Hospice adult grief support groups

Available for either in-person or online Zoom attendance

If a significant person in your life has died within the past three years, please consider being a part of an upcoming six week in-person or online Zoom grief group. These groups provide a safe way to connect with other people who are grieving, to be understood and to share needs, concerns and feelings. Grief Group participants should be at least three months into their journey with grief after the death of their loved one.

Fall 2023: Week of October 9 - Week of November 13

## ROCHESTER

### Day/time

Mondays, 5:30 – 7:00 p.m.  
Tuesdays, 1:30 – 3:00 p.m.

### Location

Mayo Clinic Hospice Office  
41st Street Professional Building  
4111 W Frontage Rd

## ALBERT LEA

### Day/time

Mondays, 5:30 – 7:00 p.m.

### Location

Mayo Clinic Hospice Office  
1705 SE Broadway Ave

## CANNON FALLS

### Day/time

Wednesdays, 10:30 a.m. – Noon

### Location

Mayo Clinic Health System  
in Cannon Falls  
32021 County Road 24 Blvd

## PLAINVIEW

### Day/time

Thursdays, 5:30 – 7:00 p.m.

### Location

Plainview Community Center  
346 W. Broadway

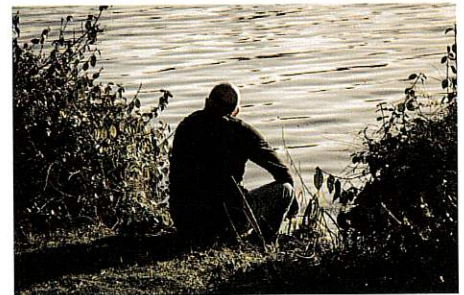
## ONLINE ZOOM\*

### Day/time

Mondays, 5:30 – 7:00 p.m.

### \*To attend via Zoom you will need:

- Access to a computer with internet access, microphone and camera
- A private place without other people present because the conversations during grief groups are to be kept confidential
- An email address for receiving materials and the Zoom link



## DETAILS

To register for a group, please contact us or use the QR code below:

(507) 284-4002

(800) 679-9084 (toll-free)

[rsthospicebereavement@mayo.edu](mailto:rsthospicebereavement@mayo.edu)



Registration closes September 11

## COVID-19

For the health and safety of yourself and others during in-person attendance, we ask that you follow current Mayo recommendations.



200 First Street SW  
Rochester, Minnesota 55905  
507-284-2511  
mayoclinic.org

July 10, 2023

To Whom It May Concern,

We would like to invite you to participate in the upcoming Mayo Clinic Hospice Grief Support Groups. This fall we are offering the option of both Zoom or in-person Grief Support Groups in multiple locations. Our six-week specialized Grief Support Groups will begin the week of **October 9<sup>th</sup>** and go through the week of **November 13<sup>th</sup>, 2023**. The enclosed flyer provides information regarding these groups.

If interested in attending, please give us a call at 507-284-4002 or send an email to [RSTHOSPICEBEREAVEMENT@mayo.edu](mailto:RSTHOSPICEBEREAVEMENT@mayo.edu) to get the registration link, or use your smartphone camera to scan the QR code on the enclosed flyer which will take you to the registration form.

We ask that you complete the entire registration and include any additional information you think will be important for us to know. Along with the group facilitators, we will keep this information confidential.

Participants who choose to attend their Grief Support Group on Zoom will need access to a computer with internet access, a microphone, and a camera. Participants also need to be able to meet in a private place without other people present because the conversations during grief group are to be kept confidential. You must provide an email to send materials for the meeting.

Because space can become limited, we encourage you to complete your registration **prior to September 11<sup>th</sup>**. Those who have attended these support groups rate them as very helpful.

Please email us at [RSTHOSPICEBEREAVEMENT@mayo.edu](mailto:RSTHOSPICEBEREAVEMENT@mayo.edu) or call us at 507-284-4002 or 1-800-679-9084 for any questions or concerns that you may have.

Sincerely,

A handwritten signature in cursive script that reads "Ann Siverling".

**Ann Siverling**  
Mayo Clinic Hospice  
Bereavement Team

A handwritten signature in cursive script that reads "Ana Wilson".

**Ana Wilson**  
Mayo Clinic Hospice  
Bereavement Team

Enclosures (1)