

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.

Spring 2024: Week of April 15 - Week of May 20

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.

RED WING

Day/time

Wednesdays, 10:30 a.m. – Noon

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



Registration closes March 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

January 26, 2024

To anyone who is grieving,

We would like to invite you to participate in the upcoming Mayo Clinic Hospice Grief Support Groups. This spring 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 **April 15th** and go through the week of **May 20th, 2024**. The enclosed flier provides information regarding these groups and information about how to register.

We ask that you complete the entire form and include any additional information you think will be important for us to know. The group facilitators and bereavement coordinators will keep this information confidential.

When we receive your completed registration, you will then be sent a confirmation. Included will be a personal well-being checklist.

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 Monday, March 18th**. Those who have attended these support groups rate them as very helpful.

Please email us at 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)