



GRIEF CARE SERVICES

Healing Grieving Hearts

Community Healthcare of Texas Grief Care Calendar

Our Grief Care Program is available to anyone in the community who enters the journey of healing and transition after the death of a loved one. For the most current information, please visit our website www.chot.org or follow us on social media (Facebook, Instagram, and Twitter) as we often add new events. If you or your family need any additional resources call the **Grief Care Warm Line** at **1-800-958-5014**.

During the Covid-19 pandemic, the health and safety of our grief care participants is our utmost concern. All scheduled Grief Care groups/events listed on this calendar will be held online or via phone. **Preregistration is required for ALL events.** To register contact us at (800) 958-5014 or griefcare@chot.org.

Grief Care for Adults:

INDIVIDUAL GRIEF COUNSELING

We offer short-term (2-3 sessions) grief counseling via phone focusing on emotional support, education and coping strategies.

Call for more information

ONLINE SUPPORT GROUPS

For best results we recommend you attend all five sessions.

August 4 – September 1, 2020

Tuesdays from 6:00 – 8:00 pm

Registration for new participants closes on August 11th.

October 5 – November 2, 2020

Mondays from 12:00 – 2:00 pm

Registration for new participants closes on October 12th.

January 25 – February 22, 2021

Mondays from 11:30 am – 1:30 pm

Registration for new participants closes on February 1st.

Grief Care for Adults (continued):

EDUCATION EVENTS

Please like us on Facebook for upcoming grief care educational videos/Facebook Live events.

Finding Your Way After a Death

A workshop on coping with grief through art expression

Thursday, August 27, 2020 from 6:00 – 8:00 pm

Thursday, October 29, 2020 from 6:00 – 8:00 pm

Getting Through the Holidays

A workshop on coping with grief during the holidays

Thursday, December 3, 2020 from 6:00 – 8:00 pm (adults only)

Sunday, December 13, 2020 from 3:00 – 5:00 pm (families with kids)

SOCIAL EVENTS

Monthly Online Drop-In Support Group

This is a semi-structured group that allows you to connect with other's experiencing grief. You can join this group anytime and attend as you are able.

Begins August 12, 2020

2nd Wednesday of each month from 9:00 – 10:00 am

REMEMBRANCE SERVICE

Service of Remembrance

Join us for an online interactive service to honor the memory of your loved one.

Sunday, November 1, 2020 at 3:00 pm

Call for more information

Grief Care for Children and Teens:

INDIVIDUAL GRIEF COUNSELING

We offer short-term (2-3 sessions) grief counseling via phone focusing on emotional support, education and coping strategies.

Call for more information

KID'S GRIEF WORKSHOP (WACO SITE ONLY)

Saturday, October 17, 2020

Time and location TBD

A coping workshop for children & teens experiencing loss through death/divorce/incarceration/etc.

Call for more information

GETTING THROUGH THE HOLIDAYS

A workshop on coping with grief during the holidays

Sunday, December 13, 2020 from 3:00 – 5:00 pm (families with kids)

Cleburne
(817) 556-3100

Dallas
(214) 920-8450

Fort Worth
(817) 870-2795

Waco
(254) 399-9099

Whitney
(254) 694-6009

Mexia
(254) 472-0779



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