

## Bereavement Support

New partner locations to better serve the Tucson community



Although it is common to want to find our own way through grief and avoid seeking help, grief support can make a difference. Experiencing the death of a loved one can often overwhelm our ability to cope; some things are simply bigger than we are and require more resources in times of need. Most of us feel strengthened, encouraged, and supported when we learn about grief, understand how grief affects us, identify coping strategies and learn new methods to help ourselves through the grief experience. Casa de la Luz bereavement groups and counseling provide support to the Tucson community, regardless of whether your loved one was cared for by our hospice or not. All groups and counseling are open to the public and free of charge.

Sessions will be led by Casa de la Luz Bereavement Counselor Christy Noriega, MSW. Christy has a wealth of experience providing resource and therapeutic support for individuals and loved ones during life transitions, including 10 years as a hospice social worker and bereavement counselor.

### Christ Presbyterian Church

(6565 E. Broadway Blvd.)

- **Drop-in Bereavement Support Group:**  
First Thursday of each month, 10 – 11:30 am,  
Patio Room; no registration required
- **Individual Counseling:**  
By appointment only; call 520.544.9890

### Congregation Chaverim

(5901 E. 2<sup>nd</sup> St.)

- **Drop-in Bereavement Support Group:**  
Second Thursday of each month, 10 – 11:30 am;  
no registration required
- **Individual Counseling:**  
By appointment only; call 520.544.9890

### St. Cyril of Alexandria Church

(4725 E. Pima St.)

- **Drop-in Bereavement Support Group:**  
Third Thursday of each month, 10 – 11:30 am,  
Retreat Room; no registration required
- **Individual Counseling:**  
By appointment only; call 520.544.9890

### St. Michael and All Angels Episcopal Church

(602 N. Wilmot Rd.)

- **Drop-in Bereavement Support Group:**  
Fourth Thursday of each month, 10 – 11:30 am,  
Womble Library; no registration required
- **Individual Counseling:**  
By appointment only; call 520.544.9890

**Sessions begin in May.**

**Contact 520.544.9890 for more information.**

### About Casa de la Luz

Casa de la Luz is the leading provider of end of life care in Southern Arizona. Offering hospice, community palliative care and extensive bereavement services, the breadth of programs at Casa de la Luz extends through every stage at end of life.