

The loss of a significant person
in your life is difficult.

Compassus is here to support you

Compassus is offering new options for those whose regular grief support groups have been suspended due to social distancing recommendations. Led by [David Kessler](#), one of the world's foremost experts on healing and loss, Compassus offers two sessions a week to address topics like mourning, coping skills, goalsetting and more.

Access our virtual grief support by teleconference or Facebook.



Compassus Grief Support via Zoom Call

Join David for a weekly conference calls on Tuesdays. Zoom is a simple, easy-to-use platform you can join via computer, phone or tablet. You do not need a subscription or account to join – just a web link or phone number.

Join us on Tuesdays

5 p.m. PDT, 6 p.m. MDT, 7 p.m. CDT, 8 p.m. EDT
(beginning Apr. 7, 2020)

Zoom Link: <https://compassus.zoom.us/j/148613206>

OR

Dial-In: +16699009128,,148613206#



Compassus Online Grief Support via Facebook

Participate in a weekly Facebook Live event with David on Thursdays. Group members can comment and interact with one another, but all conversations are visible only to approved group members.

Join us on Thursdays

11 a.m. PDT, 12 p.m. MDT, 1 p.m. CDT, 2 p.m. EDT
(beginning Apr. 2, 2020)

Compassus Online Grief Support Facebook Group link:
facebook.com/groups/CompassusGriefSupport

Before attending a Facebook Live event, participants must be a member of the private Facebook group. To join, make sure you are logged into your personal Facebook account. Then visit facebook.com/groups/CompassusGriefSupport and click Join Group.

For more information, contact your Compassus Bereavement Coordinator:

