



# **Grief Matters**

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**Monthly Conversations  
About Grief**

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**SPRING/SUMMER 2023**



# Join the Conversation

The Grief *Matters* team invites you to take part in free monthly conversations on special topics related to grief. These programs are an extension of the Grief *Matters* Community Forums. The conversations are held online through Microsoft Teams and take place from **12 to 1pm**.

## ■ Thursday, May 18

### **Navigating Special Days: Birthdays, Anniversaries and More**

Special days following a loved one's death can be challenging to navigate. Explore ways to honor and remember your loved one and care for yourself as special days approach.

## ■ Thursday, June 15

### **Myths About Grief: Things We Have Been Told**

Our conversation will dispel some of the myths about grief. We'll look at the reality of what our experiences teach us.

## ■ Thursday, July 13

### **Pet Loss: Honoring the Experience**

Pets are family to those who mourn their deaths. Find space to validate your experience of grief when your family pet dies.

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To register, email  
[bereavement@baycare.org](mailto:bereavement@baycare.org)  
or call (727) 462-7995.



## **Morton Plant Hospital**

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