
Community Grief Recovery Group

The UNC Hospitals Bereavement Support Services is offering a Community Grief Recovery Group this fall. The group is free of charge and open to anyone grieving a death regardless of faith background.

Facilitated by Chaplains Darryl Owens and Rachel Valente, this group will focus on sharing and moving toward healing in a safe and supportive setting. Some people join a support group to help them through their initial grieving process while others join years after their loved one's death. This social support facilitates healthy grieving and often reduces feelings of isolation and loneliness. One member shared, "The past 7 weeks were full of insight and wonder, healing and revelation. I appreciated the opportunity to participate in the group and know I will be learning from this experience for weeks, months and years."

We will meet at Carolina Pointe II, a UNC facility which is located at 6011 Farrington Road, 1st floor, Chapel Hill, 27517 for seven consecutive weeks beginning on Monday, September 12 from 6:30-8:00 pm and ending on October 24.

Please contact Darryl Owens, at 984-974-0219 or Darryl.owens@unchealth.unc.edu.