Coping With Loss Support Groups

Grief is a powerful emotion that can be overwhelming. The reaction to losing a loved one can be as individual as any other human response.

Coping With Loss is a group support program sponsored by Jordan Valley Medical Center and Jordan Valley Medical Center West Valley Campus.

The purpose of this six-week program is to help bereaved people better understand the grieving process. It is our goal to help individuals recognize that the emotions they experience are normal and acceptable. We also want to provide information and tools that will help each participant cope with their situation and resulting feelings.

Small groups provide a safe environment for discussion and a means for participants to realize that they are not alone in their grief. As well, participants are able to learn about one another’s perspectives on grief, which can often help them better understand their own experiences.

3580 W. 9000 South, West Jordan, UT 84088
JordanValleyMC.com

3460 S. 4155 West, West Valley City, UT 84120
JordanValleyWest.com
How the Groups are Organized

A combination of teaching, discussion and learning activities are used in the Coping With Loss groups.

Experienced grief counselors facilitate the sessions. The program is open to those individuals who have experienced the death of a loved one within the past two years. There is no charge for this program.

Additional resources, including several handouts, are available at the sessions to help participants understand and manage their individual needs.

You can find help and healing for the hurt of losing a loved one.

Registration and Schedule

The 2015 schedule and locations for the support groups are listed below. All groups meet weekly.

Jordan Valley Medical Center
Six-week adult mixed structured group

- Thursdays, March 12 – April 9, 6 p.m.
  Third floor, classroom #1.
  Enter through the Women’s Center entrance.

- Tuesdays, May 5 – June 9, 6:30 p.m.
  May 5–19, third floor, classroom #1
  May 26, second floor, classrooms #1 and 2
  June 2–9, first floor conference room
  Enter through the Women’s Center entrance.

- Wednesdays, August 5 – September 9, 6 p.m.
  Third floor, classroom #1
  Enter through the Women’s Center entrance.

Yearly Holiday Memorial Service

Embracing ourselves and the gift of honor
Thursday, December 10, 7–8 p.m.
Second floor classroom at Jordan Valley Medical Center

How to Register

To register, please call one of the phone numbers below. Leave your name, phone number and the date of your preferred session. A group facilitator will return your call to complete the registration process. Materials and handouts will be provided.

Jordan Valley Medical Center
801-561-8888 EXT. 3203
Jordan Valley Medical Center West Valley Campus
801-964-3100 EXT. 3582

Facilitators

LeNae Peavey-Onstad, MAPM, ACPE, Chaplain
Reverend Janice Ewing, MA, ACPE, Chaplain
Dave Maher, BS, CPSP, Chaplain
John Cooper, MDiv, ACPE, Chaplain