

**There are no words  
to describe the grief  
experienced when  
we lose someone  
we greatly love**



Navigating grief is extremely challenging as we try to find our footing.

Surrounding ourselves with others who understand what we're experiencing can be very healing. Grief support groups are a great tool to help us process what we're feeling while connecting with others for a listening ear. Join us on Tuesdays and Thursdays for support through this period of grieving.

**Join us:**

**In person each Tuesday**

1–2:30 p.m.

Optum Activity Center – West  
8680 W. Cheyenne Ave.

Las Vegas, NV 89129

**In person each Thursday**

1–2:30 p.m.

Optum Activity Center – East  
5820 S. Eastern Ave.

Las Vegas, NV 89119

**Virtual**

Contact Jeff Long for the  
support group schedule and  
link to participate.

**1-702-671-1111, TTY 711**

**[jeffrey.long@optum.com](mailto:jeffrey.long@optum.com)**



For more information, please contact:

Jeffrey Long, Bereavement Coordinator, Southwest Medical Hospice

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