



# Stanford Health Care Virtual Grief Groups

*Offered to Stanford Health Care SEIU, house staff  
and non-represented employees*

## **Purpose**

Spiritual Care Services and Human Resources have partnered to offer bereaved employees an opportunity to participate in a support group, where they may process their grief in a cohort of supportive colleagues. This is a free, virtual, 7-week, committed group. The SHC Grief Peer Support Groups aim to support the mental health and overall wellness of employees.

## **Summary**

- **The peer support group is 7-weeks**, with each 1-hour session offering grief-related psychoeducation and opportunities to connect with grieving colleagues, including supplemental packet that will be emailed to you. The group is typically offered at two different times, lunchtime and late afternoon.
- **The group will gather online via a secure Zoom link**, so internet, the latest Zoom app, and a camera are needed (though sharing verbally is optional).
- **The number of participants is limited and on a first-come, first serve basis.**
- **The group is led by a trained peer facilitator:** SHC Chaplain Sarah Lapenta-H is a nationally certified grief counselor with over 20 years of experience. Sarah earned a Bachelor of Science in Business from Purdue University; a Master of Divinity with foci in building intercultural community and in spiritual care across cultures; and continuing education in the areas of diversity, end-of-life care, prolonged grief disorder, and trauma-informed care.
- **Feedback from prior grief groups:**
  - *“I was able to share my feelings without any judgements. I am grateful that SHC offers this to employees.”*
  - *“Being in a group with SHC colleagues was a special experience. I feel more engaged with SHC and my job after participating in this group.”*
  - *“Takeaway from this group is I’m not alone. Listening to others grieve helps me feel less alone and understood. Helps so much.”*
  - *“Sarah made me feel my story mattered.”*

## **How to participate in the virtual Grief Groups**

Watch for an email from HealthySteps inviting employees to RSVP for the next 7-week session. An RSVP link and more information are provided in the email invite.

