



## NORTH COUNTY SUPPORT GROUP FOR BEREAVED PARENTS

YOU ARE NOT ALONE

# SUPPORT FOR BEREAVED PARENTS

*Announcing a new support group in Carlsbad for parents who have lost a child.*

Losing a child is unlike any other loss a parent will ever experience. Bereaved parents often feel overwhelmed and alone. I want you to know that you are not alone. This support group brings together bereaved parents to help each other cope with the devastating feelings that we bereaved parents experience.

Hello, my name is Karin Trujillo and I lost my daughter six years ago. With the help and support of other bereaved parents I learned I was not alone, and that many of the feelings I was experiencing were very normal. I am starting this group because the group I used to attend no longer exists, and I want to make sure that other bereaved parents have a support system they can count on.

We meet on the second and fourth Wednesdays of the month from 7:00 PM—9:00 PM at 3150 El Camino Real, Suite C, Carlsbad, CA 92008. This is a drop-in group and is free of charge. Feel free to contact me with any questions at [karint1999@yahoo.com](mailto:karint1999@yahoo.com) or call me at 760-420-9253.



*If you need support and would like to meet other parents dealing with the loss of a child, then please join our group.*

### **NCSG For Bereaved Parents**

NORTH COUNTY SUPPORT GROUP  
FOR BEREAVED PARENTS

Phone: 760-420-9253

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