

## Grief Journeys Support Group 2017

### A Support Group for those in Grief

The death of a loved one can leave us feeling alone, confused, and isolated. Finding ways to explore your grief, how it may be affecting you and learning effective coping strategies can be very helpful on your grief journey.

This group meets weekly for 8 weeks and welcomes people grieving the death of someone important to them. Please join us if you would like a supportive group setting designed with activities to help you process your grief.

*Before participating in our grief support services, we ask that you attend an informational interview with a Grief Support Provider. Enrollment is limited; please call our Grief Support Center at (925) 829-8770 or (510) 439-4917 to schedule your appointment.*

**The Grief Journeys Support Group will meet on Wednesday nights for eight weeks.**

February 1 – March 22

Time: 7:00PM – 8:30PM

#### Additional Grief Support Services for Adults, Teens and Children:

- Individualized Grief Support
- Pet Loss Grief Support
- On-Site Support for Schools
- Resource Library
- Grief Training for Professionals
- Annual Memorial Service



*The Hope Hospice Grief Support Center relies on community support. There is no fee for our grief support services. However, we gratefully accept donations so that we may continue to offer grief support to others at no cost.*