

Grief Support Center Groups 2017

You do not have to face your grief alone. Our grief support groups offer the opportunity to join others who have a similar experience to yours. The trained facilitators provide a safe place to share your thoughts and feelings, to learn about the grief process and discover effective coping strategies.

Grief Journeys Support Groups

These eight-week sessions provide a way to explore grief in a safe and supportive environment. Sessions include sharing, coping strategies, exploring memories and discovering hope and finding meaning.

Day	Date	Time
Wednesdays	May 3 – June 21	7:00-8:30 PM

Pet Loss Drop-in Group for Adults

This drop-in support group creates a safe place to describe events that led to your pet's death, to share photographs and memories, to ask questions about the grieving process, and to discuss ways to memorialize your beloved companion animal.

Day	Date	Time
Mondays	2 nd & 4 th Monday	7:00-8:30 PM

Children and Teens Support Groups

These six-week sessions provide a safe and nurturing environment to help children and teens understand emotions and learn healthy coping skills. With guidance in age appropriate support groups, participants can explore their feelings through sharing, creative writing, art projects, music and games.

Group	Day	Date	Time
Children's Support Group	Wednesdays	To Be Determined	6:00-7:30 PM
Teen's Support Group	Thursdays	To Be Determined	6:00-7:30 PM

Prior to joining our support groups, we ask that you attend an informational interview with a Grief Support Provider. Please call our Grief Support Center to schedule your appointment: 925-829-8770.
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.