

## Grief Journey's Support Offerings - Fall/Winter 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.

8-Week Support Groups (Pre-registration required)	Dates/Times
<b>Spouse &amp; Partner Loss Support Group:</b> Grief support for those who have experience the death of a spouse or partner.	Thursdays October 5 – November 30, 2017 <b>(No meeting November 23<sup>rd</sup>)</b> 7:00 p.m. – 8:30 p.m.
<b>Parent Loss Support Group:</b> Grief support for any adult who has experienced the death of one or both parents.	Mondays October 30 – December 18, 2017 6:30 p.m. – 8:00 p.m.
<b>NEW! Drop-In Grief Support Group (No registration required)</b>	
<b>Drop-In Bereavement Support for Adults:</b> Ongoing group meets twice a month offering support to anyone grieving the death of a loved one.	1 <sup>st</sup> & 3 <sup>rd</sup> Wednesday of every month 4:30 p.m. – 6:00 p.m.
<b>NEW! The BRIDGE at Hope Hospice Support for grieving children &amp; Teens (Pre-registration required)</b>	
The Bridge provides support in a safe place where children, teens, adults, and their families grieving a death can share their experiences using art, play, journaling, music and conversation.	Winter, 2017 Location and date to be determined
<b>Workshops &amp; Classes (Pre-registration required)</b>	
<b>Understanding Grief/Coping With the Holidays:</b> A one-session class that offers discussion around grief and its natural process, as well as the broad range of common grief reactions. This class is equally beneficial for the recently bereaved as it is for those experiencing grief years after a death, and/or wanting to support a grieving family member or friend.	Monday November 13, 2017 2:00 p.m. – 4:00 p.m.  Thursday December 7, 2017 6:30 p.m. – 8:30 p.m.
<b>Creative Arts &amp; Grief Workshop for Adults:</b> This workshop series is designed for to support the expression of grief in intuitive and creative ways. The group format allows for time to engage grief through symbolic expressions and to share experiences.	Saturday December 2 <sup>nd</sup> 1:00 p.m. – 5:00 p.m.

Should you have any questions, please call 925-829-8770 or email us at [info@hopehospice.com](mailto:info@hopehospice.com) for additional information on our services.

\* **PLEASE NOTE:** Unless otherwise indicated, all groups, workshops and classes are held at Hope Hospices' Dublin, CA office.

Bereavement Services are provided free of charge to all community members in need; however, donations are greatly appreciated. Hope Hospice is a 501(c)(3) not-for-profit, stand-alone organization that relies on the support of the community we serve.