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Grief Journey's Support Offerings - 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
Spouse & Partner Loss Support Group: Grief support for those who have experienced the death of a spouse or partner.	Current group is full, next group: Wednesdays, 2018 January 10 – February 28 7:00 p.m. – 8:30 p.m.
Parent Loss Support Group: Grief support for any adult who has experienced the death of one or both parents.	Current group is full, next group: Mondays, 2018 February 26 – April 16 6:30 p.m. – 8:00 p.m.
<i>NEW!</i> Drop-In Grief Support Group (No registration required)	
Drop-In Bereavement Support for Adults: Ongoing group meeting twice a month offering support to anyone grieving the death of a loved one.	1 st & 3 rd Wednesday of every month 4:30 p.m. – 6:00 p.m.
<i>NEW!</i> Drop-In Child Loss Support Group (No registration required)	
Drop-In Bereavement Support for Adults: Drop-In Child Loss Support Group Ongoing group meeting twice a month offering support for grieving parents who have experienced the loss of a child, no matter the age of the child.	2 nd & 4 th Tuesday of every month in 2017 2 nd Tuesday 11a.m. – 12:30 p.m. 4 th Tuesday 4:00 p.m. – 5:30 p.m.
Workshops & Classes (Pre-registration required)	
Understanding Grief/Coping with the Holidays: 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.
Creative Arts & Grief Workshop for Adults: 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 nd 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 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.