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Grief Journey's Support Offerings 2018

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 |
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| Spousal/Partner Loss Support Group: Grief support for those who have experienced the death of a spouse or partner. | Wednesdays June 6 – Aug 1 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. | Mondays June 4 – July 23 6:30 p.m. – 8:00 p.m. |
| Child Loss Support Group: Grief support for those who have experienced the death of a child, no matter the age of the child. | Thursdays TBD 4:30 p.m. – 6:00 p.m. |
| Drop-In Grief Support Group (No registration required) | |
| Drop-In General Bereavement Support for Adults: Ongoing group meeting twice a month offering support too anyone grieving the death of a loved one. | 1st & 3rd Wednesday of every month 4:30 p.m. – 6:00 p.m. |
| Workshops: (Pre-registration required) | |
| Understanding Grief A one-time class for adults who are experiencing and/or supporting someone who is experiencing feelings of grief and loss after the death of a loved one. | Monday 4:30 p.m – 6:00 p.m (Date to be determined by interest) |
| Creative Art Workshop for Adults: This workshop series is designed 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. No art experience needed. | Saturday June 2nd 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.