

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.

Support Groups (Pre-registration required)	Dates/Times
Spousal/Partner Loss Support Group: 8 weeks Grief support for any adult who has experienced the death of a spouse or partner.	Wednesdays October 3rd – December 5th 7:00 p.m. – 8:30 p.m. No group on: October 31 st November 21 st
Parent Loss Support Group: 8 weeks Grief support for any adult who has experienced the death of one or both parents.	Mondays September 17th – November 5th 6:30 p.m. – 8:00 p.m.
Child Loss Support Group: 10 weeks Grief support for any adult who has experienced the death of a child, no matter the age of the child.	Thursdays October 18th – January 3rd 6:00 p.m. – 7:30 p.m. No group on: November 22 nd December 27 th
Drop-In Grief Support Group (No registration required)	
Drop-In General Bereavement Support for Adults: Ongoing group meeting twice a month offering support to adults grieving the death of a loved one.	1 st & 3 rd 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 August 6th 4:30 p.m. – 6:00 p.m.
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 November 3rd 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.