

## Spousal-Partner Loss Support Group 2018

### Grief Journeys through Spousal-Partner Loss

This is an 8 - session Grief Support Group.

The death of a loved one can leave us feeling alone, confused, and isolated. Finding ways to explore our grief and how it may be affecting us can be very healing.

Please join us if you would like a supportive group setting designed to help you process your grief.

*Before participating in our grief support services, we ask that you attend an informational interview with a Grief Support Counselors. Enrollment is limited, please call our Grief Support Center at (925) 829-8770 to schedule your appointment.*

**The Grief Journeys through Spousal-Partner Loss Support Group will meet Wednesday nights from 7:00 p.m. – 8:30 p.m. on the following dates:**

**October 3, 10, 17, 24**

**November 7, 14, 28**

**December 5**

**(no group on: October 31<sup>st</sup> and November 21<sup>st</sup>)**



#### **Additional Grief Support Services for Adults, Teens and Children:**

- Drop-in Support Group
- Parent Loss Support Group
- Child Loss Support Group
- Children/Teen Grief Support
- Individualized Grief Support
- On-Site Support for Schools, Youth Organizations & the Workplace
- Community Support Services
- Resource Library
- Annual Memorial Service
- Volunteer Training
- Workshops: Understanding Grief & Handling the Holidays

*There is no fee for our grief support services. We greatly accept donations so that we may continue to offer grief support to others at no cost.*