

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
Child Loss Support Group: 10 weeks Grief support group for any adult who has experienced the death of a child, no matter the age of the child.	Dates for 2019 groups TBD
Spousal/Partner Loss Support Group: 8 weeks Grief support for those who have experienced the death of a spouse or partner.	Wednesdays January 9th – February 27th 7:00 p.m. – 8:30 p.m.
Parent Loss Support Group: 8 weeks Grief support for any adult who has experienced the death of one or both parents.	Mondays January 7th – February 25th 6:30 p.m. – 8:00 p.m.
Drop-In General Bereavement Support for Adults: (No registration required) Ongoing grief support group meeting twice a month offering support to adults grieving the death of a loved one.	1st & 3rd Wednesday of every month 4:30 p.m. – 6:00 p.m.
Events: (RSVP required)	
Service of Remembrance An evening of remembrance to honor the lives of our loved ones who have died. Evening includes inspirational music, readings and a candle lighting ceremony. Please call for more details.	Tuesday, November 13th 6:00 p.m. – 7:30 p.m. Shannon Event Center 11600 Shannon Ave Dublin, CA
Workshops: (Pre-registration required)	
Handling the Holidays: This free class presents specific ideas and strategies to help those experiencing grief during the holidays. Please join us to talk about healthy coping strategies that can make a difference in the way you may handle the holidays.	Monday, November 12th 6:00 p.m. – 7:30 p.m. Or Tuesday December 4th 3:00 p.m. – 4:30 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. **

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.