

Parent Loss Support Group 2018

Grief Journeys through Parent 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.

Please note: Enrollment is limited and a pre-registration assessment is required to participate in this support offering. Please call our Grief Support Center at (925) 829-8770 to schedule an assessment.

The Grief Journeys through Parent Loss Support Group will meet on Monday nights from 6:30 p.m. – 8:00 p.m. on the following dates:

**January 7, 14, 21, 28
February 4, 11, 18, 25**

Additional Grief Support Services for Adults, Teens and Children:

- Drop-in Support Group
- Spousal/Partner Support Group
- Child Loss Support Group
- Children/Teen 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 and 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.