

Drop-in Support Group 2019

A Support Group for those in Grief

You do not have to face your grief alone. This group is designed to help those in the community who have lost loved ones share in their grief experiences and support one another through their bereavement journey.

Because there is no single correct way to grieve, group members are encouraged to participate at their own pace and in their own way.

Participants may attend as frequently as needed or desired. Please arrive promptly at 4:30 p.m., if you would like to join in this supportive group setting.

Please call our Grief Support Center at
(925) 829-8770 with any questions you may have.

**These ongoing Drop-in
Support Groups meet on the
1st and 3rd Wednesday
evenings of each month from**

Time: 4:30 – 6:00 PM

Additional Grief Support Services for Adults, Teens and Children:

- Parent Loss Support Group
- Spousal/Partner Loss Support Group
- Children/Teen Grief Support
- Individualized Grief Support
- On-Site Support for Schools, youth organizations and the workplace
- Resource library
- Annual Memorial Service
- Volunteer Training
- Workshops: Understanding Grief and Handling the Holidays
- Community Support Services



There is no fee for our grief support services. However, we gratefully accept donations so that we may continue to offer grief support to others at no cost.