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## Grief Journey's Support Offerings 2019

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.

Adult Support Groups <b>(Pre-registration required, assessment required call to schedule)</b>	Dates/Times
<b>Child Loss Support Group: 10 weeks</b> Grief support group for any adult who has experienced the death of a child, no matter the age of the child.	<b>Thursdays</b> <b>(group in session, next group in 2020)</b> <b>6:00 p.m. – 7:30 p.m.</b>
<b>Spousal/Partner Loss Support Group: 8 weeks</b> Grief support for those who have experienced the death of a spouse or partner.	<b>Wednesdays</b> <b>June 26 – August 14</b> <b>7:00 p.m. – 8:30 p.m.</b>
<b>Parent Loss Support Group: 8 weeks</b> Grief support for any adult who has experienced the death of one or both parents.	<b>Mondays</b> <b>(next group in January 2020)</b> <b>6:00 p.m. – 8:00 p.m.</b>
<b>Drop-In General Bereavement Support for Adults:</b> <b>(No registration required)</b> Ongoing grief support group meeting twice a month offering support to adults grieving the death of a loved one.	<b>1<sup>st</sup> &amp; 3<sup>rd</sup> Wednesday of every month</b> <b>4:30 p.m. – 6:00 p.m.</b>
<b>Children and Teens Support Group (Pre-registration required)</b>	
<b>Children and Teens Support Group:</b> Grief support for children and Teens who have experienced the death of a loved one. While the children and teens attend their support groups, parents and guardians are encouraged to attend separate parallel sessions.	<b>Twice a month on Thursdays</b> <b>During the school year</b>  <b>6:00 p.m. – 7:30 p.m.</b>
<b>Workshops: (Pre-registration required)</b>	
<b>Creative Art Workshop for Adults:</b> 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.	 <b>Saturday</b> <b>August 3<sup>rd</sup></b> <b>1:00 p.m. – 5:00 p.m.</b>

Should you have any questions, please call 925-829-8770 or email us at [griefsupport@hopehospice.com](mailto:griefsupport@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.**