



Adult Creative Grief Support Workshop

Grief can be overwhelming and exhausting. Join us for an afternoon in a supportive environment where you will learn creative techniques to explore ways of raising your energy level and processing your grief. You do not need to be artistic to attend.

This workshop is not an art class. It is about:

- Supporting you while discovering new creative ways to process your grief
- Honoring where you are in your grief journey
- Learning to be kind to yourself.

This workshop is also an opportunity to meet in a supportive environment and share with others, who are also grieving the loss of a loved one.

Saturday, November 2, 2019
1:00 p.m. – 5:00 p.m.

6377 Clark Avenue, Suite 295
Dublin, CA 94568



Before participating in this workshop, we ask that you attend an informational interview.

Enrollment is limited; please call our Grief Support Center at (925) 829-8770 to schedule an appointment with Kathleen Brand, LMFT, ATR, Bereavement Counselor.

*The Hope Hospice Grief Support Center relies on community support and donations.
There is no fee for our grief support services.
We do gratefully accept donations so that we may continue to offer grief support to others.*