



Grief Support Offerings — Fall 2019

Adult Support Groups (Pre-registration and assessment required; call to schedule.)	Dates/Times
Child Loss Support Group: 10 weeks For any adult who has experienced the death of a child, no matter the age of the child.	October 14, 21, 28; November 11, 18, 25; December 2, 9, 6; & January 6. 6 p.m.–7:30 p.m.
Spousal/Partner Loss Support Group: 8 weeks For those who have experienced the death of a spouse or partner.	October 16–December 11 Wednesdays, 7 p.m.–8:30 p.m.
Parent Loss Support Group: 8 weeks For any adult who has experienced the death of one or both parents.	Next session January 2020. Mondays, 6 p.m.–8 p.m.
NEW! Mindfulness and Grief: 8 weeks Support group for those interested in establishing a foundation of mindfulness practice to develop compassion and awareness as it relates to the grieving process.	October 1–November 19 Tuesdays, 7 p.m.–8:30 p.m.
Drop-In General Bereavement Support for Adults Ongoing grief support group meeting twice a month offering support to adults grieving the death of a loved one. <i>No registration required.</i>	First and third Wednesday of every month, 4:30 p.m.– 6 p.m.
Children and Teens Support Groups (Pre-registration and assessment required; call to schedule.)	
For children and teens who have experienced the death of a loved one. Broken down into age groups: 5–10, 11–13, and 13–18. While the children and teens attend their support groups, parents and guardians are encouraged to attend separate parallel sessions.	Next session: September 5–May 21. Group meets on first and third Thursdays of the month during the school year, 6 p.m.–7:30 p.m.
Workshops (Pre-registration required; call to schedule.)	
Creative Art Workshop for Adults Designed to support the expression of grief in intuitive and creative ways. No art experience needed. The group format allows for time to engage grief through symbolic expressions and to share experiences.	November 2 1 p.m.–5 p.m.
Handling the Holidays This free class presents specific ideas and coping strategies to help those experiencing grief during the holidays.	November 4, 6 p.m.–7:30 p.m. December 9, 4 p.m.–5:30 p.m. (same program, offered twice)

Unless otherwise indicated, all events are held at the Hope office located at 6377 Clark Avenue, Dublin 94568.

Should you have any questions, please call the Grief Support Team at (925) 829-8770, or email us at griefsupport@hopehospice.com.