



## Mindfulness and Grief — Fall 2019

### Supporting You on Your Grief Journey

The focus of this group is to both establish a mindfulness meditation practice and to deepen our awareness of how we relate to loss and change.

Through meditation, mindfulness exercises, and discussion we will be using this foundation to broaden our perspective and to cultivate understanding, insight, and an opening of the heart towards acceptance.

This group is intended for those who have already begun the journey of processing their grief and are looking for further support along this path.

### Fall 2019 Session

Tuesdays  
October 1 – November 19  
7 p.m. – 8:30 p.m.

Group meets at the Hope office  
6377 Clark Avenue, 2nd floor  
Dublin, CA 94568

Please pre-register by calling  
(925) 829-8770



### Hope's Grief Philosophy

The death of a loved one can leave you feeling alone, confused, and isolated. Sharing your grief with those who have a common experience can be very healing — for you and for them. Our grief support groups and classes offer an environment of hope, acceptance and cooperative learning.

When it comes to grief and loss, we believe:

- Grief is a natural reaction to death;
- Everyone processes death and loss differently;
- Sharing your story of pain and loss helps lessen suffering;
- Being in community with others helps process grief.

*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.*