



## Grief Support Offerings — Fall 2019

<b>Adult Support Groups</b> <b>(Pre-registration and assessment required; call to schedule.)</b>	<b>Dates/Times</b>
<b>Spousal/Partner Loss Support Group: 8 weeks</b> For those who have experienced the death of a spouse or partner.	Wednesdays October 16–December 11 7–8:30 p.m.
<b>Parent Loss Support Group: 8 weeks</b> For any adult who has experienced the death of one or both parents.	Next session January 2020. Mondays 6–7:30 p.m.
<b>Drop-In General Bereavement Support for Adults</b> Ongoing grief support group meeting twice a month offering support to adults grieving the death of a loved one. No registration required.	First and third Wednesday of every month 4:30–6 p.m.
<b>NEW! Mindfulness and Grief: 8 weeks</b> 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, 7–8:30 p.m.
<b>Children and Teens Support Groups</b> <b>(Pre-registration and assessment required; call to schedule.)</b>	
For children and teens who have experienced the death of a loved one. Broken down into age groups: 5–10, 11–13, and 14–18. While the children and teens attend their support groups, parents and guardians are encouraged to attend separate parallel sessions.	Please call for more information.
<b>Workshops</b> <b>(Pre-registration required; call to schedule.)</b>	
<b>Handling the Holidays</b> This free class presents specific ideas and coping strategies to help those experiencing grief during the holidays.	November 4, 6–7:30 p.m. December 9, 4–5:30 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](mailto:griefsupport@hopehospice.com).