



Adult Creative Art Workshop | Winter/Spring 2020

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 process
- 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
February 1, 2020
1 – 5 p.m.**

**Hope Hospice
Grief Support Center
6377 Clark Avenue
Suite 295
Dublin, CA 94568**



Here's What to Expect

Hope creates an afternoon of ease and self-care where adults can be in a safe and supportive environment to:

- Learn about the creative process and how it can help you explore your grief
- Relax and take time for yourself
- Process grief differently
- Share with others
- Bring some lightness into your day

**All grief programs and workshops require pre-registration, as seating is limited.
Please call our Grief Support Team to register: (925) 829-8770.**

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 Kathleen Brand, LMFT, ATR, at (925) 829-8770, ext. 2269.

Hope Hospice does not charge for our grief support services, though donations are gratefully received and help offset the costs of offering this program to the local community.