



Grief Support Offerings | Winter/Spring 2020

Adult Programs

SUPPORT GROUPS

Spousal/Partner Loss: 8 weeks

For those grieving the death of a spouse, partner, or significant other.

Tuesdays, 7–8:30 p.m.
January 21 – March 10

General Grief: 8 weeks

For individuals who have experienced the death of a friend, sibling, parent, or other family member.

Wednesdays, 7–8:30 p.m.
January 22 – March 11

Child Loss: 10 weeks

For any adult who has experienced the death of a child.

Thursdays, 6–7:30 p.m.
March 26 – May 28

Mindfulness and Grief: 8 weeks

A grief support group for those interested in establishing a foundation of mindfulness practice.

Tuesdays, 7–8:30 p.m.
March 17 – May 5

SINGLE-DAY WORKSHOPS

Handling the Holidays

Presents specific ideas and coping strategies to help those who are experiencing grief during the holidays.

December 9
4:30–6 p.m.

Creative Art Workshop

Supports adults by discovering creative ways to process grief and/or find self-care. This program is offered quarterly.

February 1
1–5 p.m.

Youth Programs

SUPPORT GROUPS

Grief Support for Children and Teens

For children and teens who have experienced the death of a loved one. In the first and eighth meetings, parents/guardians join their child/teen in group. For meetings two through seven, the youth attend their group and the parents/guardians attend a separate group.

Please call for information on next sessions.

**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 the Grief Support Team at (925) 829-8770, or email us at griefsupport@hopehospice.com.

Hope Hospice does not charge for our grief support services. If you feel that the services you receive are of value, we gratefully accept donations, which help offset the costs of running our Grief Support Center. Thank you.