



## General Grief Support Group | Spring 2020

The death of a loved one can leave you with a range of intense feelings. Finding ways to explore these sensations in a safe and supportive environment can be a lifeline in a sea of overwhelming emotions.

If you have experienced the death of a friend, parent, sibling, or other family member, we invite you to join this eight-week supportive group setting designed to provide emotional support, sharing of feelings, finding ways of coping, and discovering meaning and hope.

*Please note:* Seating is limited, and a pre-registration assessment is required to participate in this support offering. Please contact our Grief Support Team at (925) 829-8770 to schedule an assessment.

### Spring 2020 Session

Tuesdays  
March 31–May 19  
7–8:30 p.m.

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



### Here's What to Expect

The General Grief support group offers a safe and supportive environment where you can:

- Share your feelings
- Explore your grief
- Learn from others who are also grieving the loss of a loved one
- Find validation and support from others
- Learn that you are not alone

**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](mailto:griefsupport@hopehospice.com).

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.