



Mindfulness and Grief Support Group | Spring 2020

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.

Spring 2020 Session

Mondays
April 13 – June 8
11 a.m. – 12:30 p.m.

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



Here's What to Expect

Mindfulness and Grief offers a safe and supportive environment where you can feel comfortable sharing your experience.

We will:

- Bring awareness to our bodies, thoughts, and feelings.
- Participate in both guided and silent meditation.
- Strengthen our capacity for compassion, patience, and peace.

All grief programs and workshops require pre-registration, as seating is limited.
Please call our Grief Support Center 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 Arlene Balwin at (925) 829-8770, ext. 2227.

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.