



## Grief Support Offerings | Spring 2020

### Adult Programs

#### SUPPORT GROUPS

##### **Spousal/Partner Loss: 8 weeks**

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

Wednesdays, 7–8:30 p.m.  
April 1–May 27

##### **General Grief: 8 weeks**

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

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

##### **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.

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

#### SINGLE-DAY WORKSHOPS

##### **Creative Art Workshop**

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

Saturday  
May 9  
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](mailto: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.