



Grief Support Programs

Fall 2020

All grief support programs require pre-registration, preferably four weeks in advance.

Please call our Grief Support Department to register: (925) 829-8770.

Grief support services are currently only offered via Zoom video conferencing or telephone.

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.
October 7–December 2
(no group November 25)

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.
October 6–December 1
(no group November 24)

Child Loss: 10 weeks

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

Mondays, 5:30–7 p.m.
October 5–December 7
(no group November 23)

SINGLE-DAY WORKSHOPS

Handling the Holidays

For people who have experienced the death of a loved one, the winter holiday season can be painful. Hope Hospice offers a free workshop to discuss healthy coping strategies to help those who are experiencing grief during the winter holiday season.

Your choice of:
November 12, 6–7:30 p.m.
December 7, 2–3:30 p.m.
(Program is the same.)

INDIVIDUAL SUPPORT

Individuals who prefer a private experience can request a one-on-one appointment with one of our grief support providers.

Please call to request an appointment or to get additional information.

Youth Programs

SUPPORT GROUPS

Teens

For teens who have experienced the death of a loved one and would like to connect with other teens who have a similar experience.

Wednesdays, 4:30–6 p.m.
September 2–October 21

Children

Hope Hospice usually offers group services to children as well. However, video conference in a group setting is not an ideal format for younger children; therefore, individual sessions are provided for children at this time.

Please call for more information.

INDIVIDUAL SUPPORT

A limited number of individual sessions are offered to children and teens. Please contact us with questions or to see if your child(ren) could benefit from individual grief support sessions.

Please call for more information.

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.

Hope Hospice is a 501(c)(3) nonprofit organization, Tax ID 94-2576059. Thank you.