

## Transitions Support Group

### A Support Group for those in Grief

#### The Transitions Support Group

It is hard to imagine that anyone could feel as you do when you have experienced the death of a loved one. The Transitions Support Group is a safe place to meet with those who are dealing with grief issues around a significant loss. You will have the opportunity to express your feelings and concerns while listening to others who are learning to cope.

*Before participating in our grief support services, we ask that you attend an informational interview with a Grief Support Provider. Enrollment is limited, please call our Grief Support Center at (925) 829-8770 or (510) 439-4917 to schedule your appointment.*

**Transitions will meet the 2nd and 4th Tuesday of each month.**

**Time: 7:00 p.m. – 8:30 p.m.**

***There is a comfort in knowing that you are not alone.***

**There is no fee to attend.**

#### Additional Grief Support Services for Adults, Teens and Children:

- Tragic Loss Support Group
- Grief in the Workplace
- Individualized Grief Support
- On-Site Support for Schools & Youth Organizations
- Community Seminars
- Resource Library
- Grief Training for Professionals
- Annual Memorial Service
- Volunteer Training



*The Hope Hospice Grief Support Center relies on community support. Donations and program sponsorships are needed and are always gratefully accepted. Our resource library and grief support groups are available to the entire community, without fee.*