

Grief Support Center Programs

Integrated Mind and Body Grief Support



Losing a loved one through death can be overwhelming in many ways. Aspects of your sense of self including your physical health, emotions, ability to concentrate, beliefs, spirituality, and relationships with others are often affected. When you are grieving, it may be time for self care.

Integrated Mind and Body Grief Support, a comprehensive set of grief support services offered at the Hope Hospice Grief Support Center, provides a creative path to healing and wholeness. Services may include various forms of gentle touch, as well as guided imagery, meditation, and stress management.

Restore the energy that is depleted by the stress of grief in a relaxing, nurturing, and safe environment. Integrated Mind and Body Grief Support can work in harmony with familiar forms of grief support.

1st and 3rd Tuesday evening of each month
Beginning February, 5 – 7 pm

Before participating in our grief support services, we ask that you attend an informational interview with a Grief Support Provider. Please call our Grief Support Center to schedule your appointment:

925-829-8770 or 510-439-4917