

Grief Journeys Support Group

Grief Journeys through Spousal-Partner Loss

The Grief Journeys Support Group

This is an 8 - session Grief Support and Activity Group.

The death of a loved one can leave us feeling alone, confused, and isolated. Finding ways to explore your grief and how it may be affecting you can be very healing.

Please join us if you would like a supportive group setting designed with activities to help you process your grief.

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.

The Grief Journeys Support Group – Spousal-Partner Loss will meet Thursday nights.

February 9, February 16,
February 23, March 1, March 8,
March 15, March 22, March 29

Time: 7:00 p.m. – 8:30 p.m.

Free to Family Members of Former
Hope Hospice Patients

*Community Member Subsidized Fee:
\$40 for all 8 weeks. (Hardship
Scholarships Available)*

Program

Highlights:

- Sharing our stories
- Models of the grieving process
- Myths and realities of Grief and Loss
- Expressions of Grief
- Coping with loneliness, depression, sadness, guilt, and anger
- Exploring memories
- Various activities designed to educate and heal
- Discovering hope, finding meaning and feeling better/coping

Additional Grief Support Services for Adults, Teens and Children:

- Transitions Support Group
- Tragic Loss Support Group
- Individualized Grief Support
- On-Site Support for Schools, Youth Organizations & the Workplace
- Community Support Services
- Resource Library
- 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 on-going grief support groups are available to the entire community, without fee.