



6377 Clark Avenue, Suite 100 | Dublin, CA 94568-3024 | (925) 829-8770 | 1 (800) Hospice | Fax (925) 829-0868

Hope Hospice Grief Journeys Support Group

Grief Journeys through Parent 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.

The Grief Journeys Support Group – Parent Loss will meet Thursday nights.

July 15, July 22, July 29, August 5, August 12, August 19, August 26, and September 2

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)

Enrollment is limited, call early.

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

On-Going Grief Support Services for Adults, Teens and Children:

- Transitions Support Group
- Caregiver Support Group
- Tragic Loss Support Group
- On-Site Support for Schools, Youth Organizations & the Workplace
- Community Seminars
- Resource Library
- Grief Training for Professionals
- Semi-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.

For more information, please call: (925) 829-8770