



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 Spousal 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 – Spousal Loss will meet Wednesday nights.

Jul 21, Jul. 28, Aug 4, Aug 11, Aug 18, Aug 25, Sep 1, Sep 8

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
- Coping with loneliness, depression, sadness, guilt, anxiety, and anger
- Various activities designed to educate and heal
- Discovering hope and feeling better

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.

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

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

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