

Grief Support Services

The death of a family member or other precious loved one can feel overwhelming. Grief is a normal response to a loss, and it may impact many parts of your life: your physical, emotional, and mental health, as well as your spirituality and relationships with others are often affected. Grief follows no standard path or time frame, and there is no right or wrong way to experience grief. Usually, emotions will ebb and flow, and your reactions may appear when you least expect them.

What is Grief Support?

Hope Hospice counselors help you process your emotions by listening to you and leading discussions about the grief process and coping strategies. Care can be provided through support groups, individual sessions, and single-day workshops. If your needs are beyond the parameters of the services we provide, we can refer you to a local professional.

Who Can Receive Grief Support From Hope Hospice?

We offer bereavement services both to families who had a loved one on our hospice service and to the general public in our service area.

What Does Your Service Cost?

Our Grief Support Center is funded by grants and generous donations, which helps keep our services available at no charge.

What Can I Expect?

If you choose to participate in our services, you can expect to:

- Experience a safe and nurturing environment.
- Learn about the grief process and coping strategies.
- Meet others on a similar path and have opportunities to tell your story.
- Be treated with compassion and respect.

What Programs Are Offered?

Hope Hospice serves youth and adults.

Adult Programs

Hope holds a few types of eight-week support groups each quarter.

- *Spousal/Partner Loss*: For those who have lost a spouse/partner or significant other.
- *Child Loss*: For parents/guardians who have experienced the death of a child.
- *General Grief*: For those who have experienced the death of a parent, sibling, friend, or other loved one.

We also facilitate single-day workshops/events that provide an alternative to longer sessions or as an extra layer of support.

- Our annual Handling the Holidays workshop helps participants prepare for the sensitivity of the winter holiday season.
- The annual Service of Remembrance is a collective memorial service open to participants of our bereavement services during the preceding calendar year. Inspirational readings, music, and a candle lighting honor the memory of loved ones who have passed.

Youth Program

Due to the pandemic, our services for youth are temporarily paused. If your child or teen needs support, please contact our office for our latest update on when we expect to resume.

How Do I Sign Up?

Register in advance by phone so that we can complete a short intake assessment and help guide you to the best service for your needs. Call (925) 829-8770 on weekdays between 9 a.m. and 5 p.m.

ABOUT US Hope Hospice is a non-profit organization that has been serving the Tri-Valley and adjacent East Bay cities since 1980. Our grief support and family caregiver education programs are available to the community at no cost, even for those whose loved ones are not on our hospice service.