



Marin County • Fall–Winter 2018
Grief Support Group Calendar

Losing someone is hard. Finding help is easier than you think.

When you hear “grief support group,” do you tell yourself you don’t need therapy, that you know you won’t like it, or that it will be awkward sharing your feelings in front of strangers?

Well, you’re not alone. But the reality is very different. Each of our counselor-led support groups is designed to help you connect with others, express your grief in a safe environment and show you ways you can begin to heal. Take a chance — you don’t need to go on hurting all by yourself.

Drop-in Grief Support Group **FREE**

Tuesdays, ongoing, 12:30–1:30 p.m.

(skips December 25)

Want to see what grief support is all about, without the multi-week commitment? Then this group is ideal — all you have to do is show up.

Free. No registration required. Donations gratefully accepted. As a courtesy to your fellow group members, please arrive promptly.

Drop-in Group for Bereaved Parents **FREE**

First Thursday of each month, 11 a.m.–Noon

Life is forever changed after the death of a child of any age. Join us to gently explore emotions, find comfort in the company of other bereaved parents and transform grief into healing.

Free. No registration required. Donations gratefully accepted. As a courtesy to your fellow group members, please arrive promptly.

More Support Groups on other side

Pet Loss Group **FREE**

First Monday of each month, 6–7:30 p.m.

(skips September 3)

Marin Humane, Whittel Building
 171 Bel Marin Keys Blvd, Novato

Our pets are much more than simply companions. If you have experienced the loss of a loved animal, please join us for this free monthly support group offered in collaboration with Marin Humane.

Free. No registration required.

Spousal/Partner Loss

- Mondays, Sept. 17–Nov. 12, 1:30–3 p.m.
(skips October 8)
- Mondays, Sept. 24–Nov. 19, 6–7:30 p.m.
(skips October 8)
- Thursdays, Oct. 25–Dec. 20, 1:30–3 p.m.
(skips November 22)

The death of a spouse or partner can find you unprepared to face the future alone. Join with others to share your grief and learn new skills to cope with the profound changes in your life.

8 sessions. Fee: \$185. Pre-registration required.*

Hospice by the Bay • 17 E. Sir Francis Drake Blvd., Larkspur • (415) 526.5699
www.hospicebythebay.org • griefsupport@hbtb.org

All support groups are available to the community, as well as individual and family counseling.
**A sliding-fee scale is available for those who qualify. For family members of patients who received Hospice by the Bay’s care, the fee for one group series is waived during the first 13 months after the loss. Donations gratefully accepted.*

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Sacred Altar Space Workshop

FREE

- Tuesday, Sept. 25, 1:30–3 p.m.
- Tuesday, Oct. 2, 6–7:30 p.m.

Creating a physical memorial can be a healthy part of the grieving process. Discover how sacred altar spaces can nurture an ongoing connection to your departed loved one. During this 90-minute workshop you'll create a centerpiece for your own sacred altar. Materials provided.

Free. Pre-registration required. Donations gratefully accepted.

Left Behind by Suicide

Wednesdays, Oct. 3–Nov. 28, 6–7:30 p.m.

(skips October 31)

It's hard to imagine the pain that drives someone to take their life. Develop strategies for dealing with your own grief, while learning new ways to remember your loved one.

8 sessions. Fee: \$185. Pre-registration required*

Resiliency & Grief

FREE

- Tuesday, Oct. 9, 6–7 p.m.
- Friday, Oct. 12, 1–2 p.m.

Traumatic events can take us on an emotional roller coaster ride. Learn how trauma affects us and how to reset the nervous system to develop lasting resiliency.

Free. Pre-registration required. Donations gratefully accepted.

Spousal/Partner Loss 2: Re-imagining the Future

- Tuesdays, Oct. 16–Dec. 4, 6–7:30 p.m.
- Thursdays, Oct. 18–Dec. 13, 1:30–3 p.m.

(skips November 22)

We will continue our discussion of how self-identity changes following the death of a loved one and explore new ways of being and living. Intended for those who have completed our Spousal/Partner Loss group, with at least one year having passed since the loss.

8 sessions. Fee: \$185. Pre-registration required*

Parental Loss for Adults

Mondays, Oct. 29–Dec. 17, 6–7:30 p.m.

Whether anticipated or not, the death of a parent can greatly impact us. In this group for adults, you'll have the opportunity to connect with others who can relate to your experience.

8 sessions. Fee: \$185. Pre-registration required*

Grief & The Holidays

FREE

Thursday, Nov. 15, 6–7 p.m.

The holidays will soon be here, magnifying feelings of grief and loss. In this free one-session group you'll get practical advice on preparing yourself for the holidays, plus opportunities to express grief through the use of expressive arts and sharing of memories.

Free. Pre-registration required. Donations gratefully accepted.

More Support Groups on other side