



Marin County • Spring–Summer 2018 Grief Support Group Calendar

Drop-in Grief Support Group

Tuesdays, ongoing, 12:30–1:30 p.m.

FREE

Find comfort, emotional support and healing advice after the loss of a loved one at this weekly drop-in group.

No registration required. Donations 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

The loss of a child is a life-changing event. Find support and understanding from others who have experienced a similar loss. Join us to gently explore emotions, find companionship with other bereaved parents and transform grief into healing.

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

Writing Through Grief

Thursdays, May 3–June 21, 6–7:30 p.m.

Through writing and the reading of fiction, poetry and creative nonfiction, we will use the writing process as a tool to examine loss and the transformative aspects of grief.

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

Mother's Day Group for Adult Children

FREE

Friday, May 11, 10–11:30 a.m.

This one-session group for adults will provide an opportunity to remember our mothers and honor their influence in our lives through discussion and an art activity. Please bring a photo to share.

Pre-registration required. Donations accepted.

Mother's Day Group for Bereaved Mothers

FREE

Friday, May 11, 2–3:30 p.m.

Mother's Day can be challenging after the loss of a child. Find support and share memories of children of any age in this one-time session where we will honor the memory of our children through discussion and an art activity. Please bring a photo to share.

Pre-registration required. Donations accepted.

Remembering Dad

FREE

Thursday, June 14, 2–3:30 p.m.

This one-session group for adults will provide an opportunity to remember our fathers and honor their influence in our lives through discussion and an art activity. Please bring a photo to share.

Pre-registration required. Donations accepted.

More Support Groups on other side

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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Spousal/Partner Loss

- Mondays, June 4–July 23, 6–7:30 p.m.
- Mondays, July 9–Aug. 27, 1:30– 3 p.m.

Express grief in a supportive environment, connect with others facing a spousal or partner loss and learn coping skills to ease the life adjustments you may encounter.

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

Resiliency and Grief Class

Calming Your Nervous System:

FREE

Developing Resiliency after Trauma

Friday, June 15, 1–2 p.m.

Participants will learn the basics of how trauma impacts us mentally, emotionally and physically. The class will also provide concrete tools for settling the nervous system after a traumatic experience.

Pre-registration required. Donations accepted.

Coping with Loss After Suicide

NEW

Mondays, June 18–Aug. 6, 6–7:30 p.m.

Losing someone through suicide can be life altering. Join with others who've experienced a similar loss to find supportive understanding and strategies for coping with your loss, while discovering new ways to remember your loved one.

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

LGBTQ Spousal/Partner Loss

Thursdays, July 12–Aug. 30, 1:30–3 p.m.

Find emotional support and express grief in a group that recognizes the unique needs of spousal/partner loss in the LGBTQ community.

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

Parental Loss for Adults

Wednesdays, Aug. 1–Sep. 19, 6–7:30 p.m.

Losing a parent can be difficult at any age. This group provides emotional support and the opportunity to connect with others who can relate to your experience.

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

Pet Loss Group

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

Marin Humane, Whittel Building

171 Bel Marin Keys Blvd, Novato

FREE

If you have experienced the death of a loved animal, please join us for this free monthly support group offered in collaboration with Marin Humane.

No registration required.

By the Bay Camp for Grieving Children & Teens



FREE

Friday–Sunday, Aug. 10–12

A free healing weekend in Sonoma County for youth ages 7–17, presented by Hospice by the Bay in partnership with Comfort Zone Camp.

For more information or to register, visit: www.comfortzonecamp.org/event/985.

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