



Marin County • Spring–Summer 2017

Grief Support Group Calendar

Drop-in Grief Support Group

FREE

Tuesdays, ongoing, 12:30–1:30 p.m.

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

No registration required. Donations gratefully accepted.

As a courtesy to your group, please arrive promptly.

Parental Loss for Adults

Mondays, Apr. 17–Jun. 12, 6–7:30 p.m. (skips 5/29)

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: \$175*

Spousal/Partner Loss

- Mondays, May 1–Jun. 26, 1:30–3 p.m. (skips 5/29)

- Tuesdays, Apr. 18–Jun. 6, 6–7:30 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: \$175*

Monthly Pet Loss Group

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

Marin Humane Society, 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 the Marin Humane Society.

No registration required.

What Color is Your Grief?

Children/Teen Grief Support

Fridays, Apr. 28–Jun. 16, 5:30–7 p.m.

Join with other children/teens who have lost someone important in their lives. Together we will explore new healthy ways of coping with loss using art, writing, music and movement to express feelings, share memories and support each other. Group is facilitated by a Board-Certified Art Therapist and HBTB Youth Bereavement Specialist.

8 sessions. Fee: \$175*

Monthly Drop-in Group for Bereaved Parents

FREE

First Thursday of each month, 10–11:30 a.m.

The loss of a child is a life-changing event. In this monthly drop-in group, you will 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 gratefully accepted.

As a courtesy to your fellow group members, please arrive promptly.

Grief Education Class

NEW

FREE

Wednesday, May 24, 7–8 p.m.

This one-hour educational class will review information about the grieving process, symptoms of grief, and strategies for coping with the death of a loved one.



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

Pre-registration is required, except where noted. 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.

updated 03-09-17