



Community Grief Support Groups



Marin County • Spring–Summer 2019

FREE

ONE-TIME WORKSHOPS

Pre-registration required. Call (415) 526.5699 or send an email to: griefsupport@hbtb.org

What Now? Practical Tools for the Newly Bereaved

- Thursday, Apr. 18, 1:30–2:30 p.m.
- Friday, Apr. 26, 2–3 p.m.
- Wednesday, July 10, 6–7 p.m.

The loss of a loved one can have a profound impact on our day-to-day lives. Join us for this one-hour class to receive practical tools, ideas and coping suggestions. *Pre-registration required.*

Resiliency & Grief

- Friday, Apr. 19, 1–2 p.m.
- Friday, May 17, 1–2 p.m.

Traumatic grief or loss 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 after the death of a loved one. *Pre-registration required.*

Remembering Mom

- Wednesday, May 8, 10–11:30 a.m.
- Thursday, May 9, 6–7:30 p.m.

Mothers are central figures in our lives. Through the use of poetry, warm memories and an art activity we'll come together to remember mom. Please bring a photo to share. *Pre-registration required.*

Remembering Dad

- Tuesday, June 11, 6–7:30 p.m.

This group 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.*

Soul Collage Workshop

- Wednesday, May 1, 6–7:30 p.m.

We'll use a variety of simple art materials, guided meditation and gentle movement to understand grief and the deeper aspects of how the death of a loved one informs the journey of our life. *Pre-registration required.*

Exploring Grief Through Art

- Thursday, June 6, 11 a.m.–12:30 p.m.

We'll use a variety of materials to visually and metaphorically explore the multi-faceted dimensions of our grieving process. An open mind and heart are all that is required; no previous art experience needed. *Pre-registration required.*

Hiking and Grief

- Friday, May 17, 10 a.m.–Noon
- Friday, July 12, 10 a.m.–Noon

In this counselor-led hiking group, we'll explore beginner to intermediate trails with other adults who've experienced the loss of a close family member or friend. Sharing of stories and insights is welcome, but not required. For location, visit www.hbtb.org/calendar. *Pre-registration required.*

Healing Together: Family Grief Workshop

- Friday, July 12, 3:30–5 p.m.

Parents/guardians and their children ages 7–17 will receive age-appropriate suggestions for coping with loss, plus opportunities for everyone to express grief through the use of play and art activities. *Pre-registration required by July 5.*

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.

More Support Groups on other side

FREE ONGOING DROP-IN GROUPS

Adult Grief Support

- Tuesdays, ongoing, 12:30–1:30 p.m.

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.

Bereaved Parents

- 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.

Pet Loss

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

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.

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

EIGHT-WEEK GROUPS

Fee: \$185 Pre-registration and telephone intake required. Call (415) 526.5699.*

Spousal/Partner Loss

- Mondays, Apr. 1–May 20, 6–7:30 p.m.
- Mondays, Apr. 22–June 17, 1:30–3 p.m.
(skips May 27)
- Tuesdays, May 28–July 16, 1:30–3 p.m.
- Thursdays, June 6–Aug. 8, 6–7:30 p.m.
(skips July 4)

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.

Spousal/Partner Loss 2: Reimagining the Future

- Thursdays, Apr. 11–May 30, 1:30–3 p.m.
- Thursdays, July 11–Aug. 29, 6–7:30 p.m.

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

Parental Loss for Adults

- Tuesdays, Apr. 30–June 18, 6–7:30 p.m.
- Wednesdays, June 5–July 31, 6–7:30 p.m.
(skips July 3)

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.

Bereavement in Your 20's and 30's

- Mondays, Apr. 29–June 24, 6–7:30 p.m.
(skips May 27)

When loss occurs in your early adult years it can affect every aspect of the life you've been building. Meet with others who understand your grief while obtaining practical tools and helpful grief education.

Teen Grief Support Group

- Fridays, May 3–June 21, 3:30–4:45 p.m.

Teens ages 13–17 are invited to join us in a safe space to be with people their own age who have also experienced a death. Groups allow for opportunities to share, remember, connect, create art and learn strategies for managing grief.

Expressive Arts and Grief

- Wednesdays, June 12–Aug. 7, 6–7:30 p.m.
(skips July 3)

Join us to explore grieving through the expressive arts in this group for adults. We'll utilize creative therapeutic tools such as; drama, art, movement and/or music. No previous experience necessary. All materials provided.

Left Behind by Suicide

- Mondays, June 17–Aug. 5, 1:30–3 p.m.

It's hard to imagine the pain that drives someone to take their life. In the company of others whose loved one died by suicide, develop strategies for dealing with your own grief, while learning new ways to remember your loved one.

More Support Groups on other side