



Marin County • Summer–Fall 2017 Grief Support Group Calendar

Pet Loss Group **FREE**

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

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

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.

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 fellow group members, please arrive promptly.

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. 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.*

Parental Loss for Adults

Mondays, July 10–Aug. 28, 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: \$175*

Spousal/Partner Loss

• Mondays, July 10–Aug. 28, 1:30–3 p.m.

• Tuesdays, July 11–Sept. 5, 6–7:30 p.m.

(skips August 22)

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*

Coping with the Loss of a Loved One

Thursdays, July 20–Sept. 7, 6–7:30 p.m.

Losing someone close to you can affect many aspects of life. Experience the support of others, share your grief and develop strategies for coping with your loss.

8 sessions. Fee: \$175*

Suicide Loss Group

Mondays, July 31–Sept. 25, 3:30–5 p.m.

(skips September 4)

The lingering effects of a suicide loss can be pervasive. In the safety of a professionally facilitated group, receive and provide support and gain some tools for walking through your grief.

8 sessions. Fee: \$175*

Grief Education Class **FREE**

Wednesday, August 23, 6–7 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.

Pre-registration is required, except where noted.

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