



Marin County • Winter–Spring 2018 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, 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 gratefully accepted. As a courtesy to your fellow group members, please arrive promptly.

Parental Loss for Adults

Thursdays, Feb. 8–Mar. 29, 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. Pre-registration required.*

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, Jan. 29–Mar. 26, 6–7:30 p.m. (skips Feb. 19)
- Thursdays, Mar. 15–May 3, 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: \$175. Pre-registration required.*

Continuing Bonds: **NEW** Spousal/Partner Loss Part 2

Mondays, Apr. 2–May 21, 6–7:30 p.m.

Following completion of our 8-week Spousal/ Partner Loss group, you are invited to join this group for continued discussion of change in self-identity, establishing new ways of being in the world and developing new skills for living with loss.

8 sessions. Fee: \$175. Pre-registration required.*

Coping with the Loss of a Loved One

Wednesdays, Mar. 21–May 9, 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. Pre-registration required.*

Writing Through Grief **NEW**

Thursdays, Feb. 1–Mar. 22, 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: \$175. Pre-registration required.*

Honoring Our Loved Ones for Valentine's Day **FREE** **NEW**

Friday, Feb. 9, 2–3 p.m.

Valentine's Day can evoke tender memories of our deceased loved ones. Join us for a one-hour class on how to honor and remember your loved one through making heartfelt Valentines, while learning strategies of coping with your loss.

Pre-registration required. Donations gratefully accepted.

Resiliency and Grief Class

Calming Your Nervous System:

Developing Resiliency after Trauma

- Friday, Mar. 16, 10–11 a.m. **FREE** **NEW**
- Tuesday, Apr. 17, 6–7 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 gratefully accepted.

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