



San Francisco • Spring–Summer 2018 Grief Support Group Calendar

Drop-in Grief Support Group

Thursdays, ongoing, Noon–1 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.**

Coping with Loss After Suicide

Mondays, June 25–Aug. 13, 1–2:30 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.

Mother's Day Group for Bereaved Mothers

Thursday, May 10, 10–11:30 a.m. **FREE**
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.

Mother's Day Group for Adult Children

Thursday, May 3, 10–11:30 a.m. **FREE**
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.

Remembering Dad

Friday, June 15, 2–3:30 p.m. **FREE**
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.

Coping with the Loss of a Loved One

Wednesdays, June 13–Aug. 8, 5:30–7 p.m. (skips 7-4)
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 \$185*. Pre-registration required.

By the Bay Camp

Friday–Sunday, Aug. 10–12 **FREE**
A free healing weekend in Sonoma County for grieving children & teens, ages 7–17, presented in partnership with Comfort Zone Camp.
For more information or to register, visit: www.comfortzonecamp.org/event/985.



Hospice by the Bay • 180 Redwood Street, Suite 350, San Francisco (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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AND THE CITIES OF AMERICAN CANYON, NAPA AND VALLEJO