



Community Grief Support Groups



San Francisco • Spring-Summer 2019

Losing someone is hard. Finding help is easier than you think.

When you hear “grief support group,” do you tell yourself you don’t need therapy, you won’t like it, or that it will be awkward sharing your feelings with strangers? Well, you’re not alone. But the reality is very different. Each of our counselor-led support groups are designed to help you connect with others, express your grief in a safe environment and show you ways you can begin to heal.

Drop-In Adult Grief Support **FREE**

- Thursdays, ongoing, Noon–1 p.m.

Want to see what grief support is all about, without the multi-week commitment? Then this ongoing group is ideal — all you have to do is show up.

No registration required. Please arrive promptly.

Grief, Dreams & Guided Imagery

- Wednesday, Apr. 17, 12–1:30 p.m.
- Tuesday, June 18, 5:30–7 p.m.

Dreams of a deceased loved one are a common and comforting occurrence. We will share and reflect on dreams, explore guided imagery and use letter-writing as ways to cultivate enduring relationship with our loved ones. *Pre-registration required.*

Remembering Mom **FREE**

- Wednesday, May 8, 1–2:30 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 **FREE**

- Monday, June 10, 5–6:30 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.*

What Now? Practical Tools for the Newly Bereaved **FREE**

- Monday, Apr. 29, 12–1 p.m.
- Monday, June 24, 12–1 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.*

Writing Through Grief **FREE**

- Tuesday, June 4, 6–7 p.m.

We will use poetry, journaling and the writing process as tools to examine loss and the transformative aspects of grief. *Pre-registration required.*

Coping with the Loss of a Loved One

- Thursdays, June 20–Aug. 15, 5:30–7 p.m.
(skips July 4)

Losing someone close to you can affect many aspects of life. In this 8-week group, experience the support of others, share your grief and develop strategies for coping with your loss. *8 sessions. Fee \$185*. Pre-registration and telephone intake required.*

For groups requiring pre-registration, call (415) 526.5699.

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.