



San Francisco • Winter–Spring 2018
Grief Support Group Calendar

FREE

Drop-in Grief Support Group

Thursdays, ongoing, Noon–1 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.

Coping with the Loss of a Loved One

- Thursdays, Jan. 18–Mar. 8, 5:30–7 p.m.
- Mondays, Feb. 26–Apr. 16, 1–2:30 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.*

Honoring Our Loved Ones on Valentine's Day

Wednesday, Feb. 14, 1–2 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 for coping with your loss.

Pre-registration required. Donations gratefully accepted.

NEW

FREE

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.