



Sonoma • Spring–Summer 2018  
**Grief Support Group Calendar**

**Counseling Office location: 922 First Street West, Sonoma**

**Mother’s Day Group for Bereaved Mothers** **FREE**

Tuesday, May 8, 2–3:30 p.m.

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** **FREE**

Friday, May 11, 10–11:30 a.m.

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.*

**Mindfulness and Grief Class**

Thursday, Aug. 30, Noon–1 p.m.

In this one-hour class, we will practice mindful meditation to notice how we relate to ourselves in grief. We will consider together the question, “What does it mean to be present for ourselves in grief?” For those new to meditation, instruction will be provided.

*Pre-registration required. Donations accepted.*

**Coping with the Loss of a Loved One**

Wednesdays, May 9–June 27, 1:30–3 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 \$185\*. Pre-registration required.*

**Remembering Dad** **FREE**

Friday, June 15, 2–3:30 p.m.

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.*

**Drop-in Grief Support Group** **FREE**

Wednesdays, ongoing, Noon–1 p.m. (skips 7-4)

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. Please arrive promptly.*

**By the Bay Camp** **FREE**

Friday–Sunday, Aug. 10–12



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](http://www.comfortzonecamp.org/event/985).*

Hospice by the Bay • 190 W. Napa St., Sonoma (707) 931.7299

[www.hospicebythebay.org](http://www.hospicebythebay.org) • [griefsupport@hbtb.org](mailto: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