



Sonoma • Spring–Summer 2017

## Grief Support Group Calendar

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

**NEW DAY STARTING APRIL 4**

Tuesdays, 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

Mondays, Apr. 17–Jun. 12, 6–7:30 p.m.  
(skips May 29)

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\*

### Grief Education Class **NEW**

Tuesday, April 25, 6–7 p.m.

**FREE**

This one-hour educational class will review information about the grieving process, symptoms of grief, and strategies for coping with the death of a loved one.

### Grief Support Weekend **FREE** August 11–13

For youth ages 6–17 who are grieving the loss of someone close to them.



Children and teens from all over the Bay Area are invited to enjoy traditional camp fun while learning to cope with loss through age-appropriate therapeutic activities and relaxation in beautiful Sonoma County.

Apply: [www.hospicebythebay.org](http://www.hospicebythebay.org),  
[CampErin@hbtb.org](mailto:CampErin@hbtb.org) or (415) 230.6310



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)

Pre-registration is required, except where noted. 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.

updated 3-8-17