



Community Grief Support Groups



Sonoma • 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**

- Wednesdays, 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.*

Coping with the Loss of a Loved One

- Wednesdays, Apr. 17–June 5, 1:30–3 p.m.

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.*

Remembering Mom **FREE**

- Tuesday, May 7, 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**

- Friday, June 7, 1–2:30 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.*

Navigating Anxiety & Grief **FREE**

- Friday, May 17, 10–11:30 a.m.

Anxiety, feeling that things are not in our control, ruminating thoughts and expectations to grieve in a certain way, are common aspects of grieving. This group will take a look at the connectedness of thoughts, feelings and behavior as well as techniques on how to calm the body. *Pre-registration required.*

For groups requiring pre-registration, call (707) 931.7299.

Counseling Office location: 922 First Street West, Sonoma

Hospice by the Bay Main Office • 355 W. Napa St., Sonoma (707) 931.7299

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.