



Sonoma County • Summer–Fall 2017 Grief Support Group Calendar

New Counseling Office location: 922 First Street West, Sonoma

Drop-in Grief Support Group

NEW DAY!

FREE

Wednesdays, 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, July 24–Sept. 18, 6–7:30 p.m.
(skips September 4)

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

FREE

Wednesday, Sept. 13, 6–7 p.m.

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.

Spousal/Partner Loss

Wednesdays, Sept. 27–Nov. 15, 1:30–3 p.m.

Express grief in a supportive environment, connect with others facing a spousal or partner loss and learn coping skills to ease the life adjustments you may encounter.

8 sessions. Fee: \$175*

Grief Support Weekend August 11–13

FREE

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



Apply: www.hospicebythebay.org

Pre-registration is required, except where noted.

Hospice by the Bay Counseling Office • 922 First Street West, 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.

06-09-17