



Sonoma • Winter–Spring 2018 Grief Support Group Calendar

Counseling Office location: 922 First Street West, Sonoma

Drop-in Grief Support Group

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.

Honoring Our Loved Ones On Valentine's Day

FREE

NEW

Wednesday, Feb. 14, 2–3 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.

Coping with the Loss of a Loved One

Tuesdays, Jan. 23–Mar. 13, 10–11:30 a.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.*

Mindfulness and Grief Class

FREE

NEW

Thursday, March 29, Noon–1 p.m.

In this one-hour class, we will practice abiding, or mindful meditation and 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 gratefully accepted.

Hospice by the Bay • 190 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.