



# Community Grief Support Groups



## Marin County • Winter–Spring 2019

**Losing someone is hard. Finding help is easier than you think.**

Join us for a one-time workshop, an on-going drop-in group or an 8-week group series. 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.

### **FREE** ONE-TIME WORKSHOPS

#### **What Now? Practical Tools for the Newly Bereaved**

- Monday, Jan. 14, 6-7 p.m.
- Friday, Jan. 18, 1:30-2:30 p.m.

The loss of a loved one can have a profound impact on our day-to-day lives. Join us for this one-hour class to receive practical tools, ideas and coping suggestions. *Pre-registration required.*

#### **Vision Boards: Exploring Your Future**

- Tuesday, Jan. 8, 10–11:30 a.m.

Participants will create artistic collages that visually represent future hopes and dreams. Materials provided. *Pre-registration required.*

#### **Healing Through Art: Sand Tray**

- Thursday, Jan. 17, 1:30–3 p.m.
- Monday, Feb. 11, 6–7:30 p.m.

Sand tray is a unique expressive arts tool that engages our mind's natural capacity for healing through symbolism and metaphor. Join us for this 90-minute workshop. Materials provided. *Pre-registration required.*

#### **Kids & Grief Workshop**

- Friday, Feb. 22, 10–11:30 a.m.

In this 90-minute workshop we'll provide practical advice and age appropriate suggestions for coping with children's grief plus opportunities for parents/guardians and their children ages 7–17 to express grief through the use of expressive arts.

*Pre-registration required.*

**More Support Groups on other side**

#### **Resiliency & Grief**

- Friday, Feb. 1, 1–2 p.m.
- Friday, Mar. 22, 1–2 p.m.

Traumatic grief or loss can take us on an emotional roller coaster ride. Learn how trauma affects us and how to reset the nervous system to develop lasting resiliency after the death of a loved one. *Pre-registration required.*

#### **Sacred Altar Space Workshop**

- Thursday, Mar. 7, 1:30–3 p.m.
- Tuesday, Mar. 12, 6–7:30 p.m.

Creating a physical memorial can help nurture an ongoing connection to your departed loved one. During this 90-minute workshop, you'll create a centerpiece for your own sacred altar. Materials provided. *Pre-registration required.*

#### **Mindfulness & Grief Class**

**Thursday, Mar. 28, 1–2 p.m.**

Join us for a one-hour class as we explore mindful meditation as a supportive tool to find moments of ease in our grief. We'll learn to be present with the many emotions that accompany grief and practice cultivating compassion for ourselves as we adjust to life after loss. For those new to meditation, instruction will be provided.

*Pre-registration required.*

Hospice by the Bay • 17 E. Sir Francis Drake Blvd., Larkspur • (415) 526.5699

[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.

Donations gratefully accepted.

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### ONGOING DROP-IN GROUPS

*No registration required.*

#### Adult Grief Support

Tuesdays, ongoing, 12:30–1:30 p.m.

Want to see what grief support is all about, without the multi-week commitment? Then this group is ideal — all you have to do is show up.

#### Bereaved Parents

First Thursday of each month, 11 a.m.–Noon

Life is forever changed after the death of a child of any age. Join us to gently explore emotions, find comfort in the company of other bereaved parents and transform grief into healing.

#### Pet Loss

First Monday of each month, 6–7:30 p.m.

Marin Humane, Whittel Building  
171 Bel Marin Keys Blvd, Novato

Our pets are much more than simply companions. If you have experienced the loss of a loved animal, please join us for this free monthly support group offered in collaboration with Marin Humane.

***As a courtesy to your fellow group members, please arrive promptly.***

### EIGHT-WEEK GROUPS

*Fee: \$185\*. Pre-registration required*

#### Spousal/Partner Loss

- Mondays, Jan. 28–Mar. 25, 1:30–3 p.m.  
*(skips Feb. 18)*
- Fridays, Jan. 25–Mar. 15, 1:30–3 p.m.
- Thursdays, Feb. 7–Mar. 28, 6–7:30 p.m.

The death of a spouse or partner can find you unprepared to face the future alone. Join with others to share your grief and learn new skills to cope with the profound changes in your life.

#### Spousal/Partner Loss 2: Reimagining the Future

- Thursdays, Jan. 17–Mar. 7, 1:30–3 p.m.
- Tuesdays, Mar. 26–May 14, 6–7:30 p.m.

We will continue our discussion of how self-identity changes following the death of a loved one and explore new ways of being and living. Intended for those who have completed our Spousal/Partner Loss group, with at least one year after the loss.

#### Left Behind by Suicide

Mondays, Jan. 28–Mar. 25, 6–7:30 p.m.

*(skips Feb. 18)*

It's hard to imagine the pain that drives someone to take their life. In the company of others who's loved one died by suicide, develop strategies for dealing with your own grief, while learning new ways to remember your loved one.

#### Parental Loss for Adults

Tuesdays, Jan. 29–Mar. 19, 6–7:30 p.m.

Whether anticipated or not, the death of a parent can greatly impact us. In this group for adults, you'll have the opportunity to connect with others who can relate to your experience.

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

Wednesdays, Feb. 13–Apr. 3, 6–7:30 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.

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*\*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.