



Sonoma • Fall–Winter 2018

Grief Support Group Calendar

Counseling Office location: 922 First Street West, Sonoma

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, that you know you won’t like it, or that it will be awkward sharing your feelings in front of strangers?

Well, you’re not alone. But the reality is very different. Each of our counselor-led support groups is designed to help you connect with others, express your grief in a safe environment and show you ways you can begin to heal. Take a chance — you don’t need to go on hurting all by yourself.

Drop-in Grief Support Group

FREE

Wednesdays, ongoing, Noon–1 p.m.

Want to see what grief support is all about, without the multi-week commitment? Then this group is for you — all you have to do is show up. *Free. No registration required. Donations gratefully accepted. As a courtesy to your fellow group members, please arrive promptly.*

Coping with Loss Group

Wednesdays, Sept. 5–Oct. 24, 6–7:30 p.m.

You wake up every day to painful reminders that your loved one is truly gone. But it doesn’t have to be that way forever. Join this 8-week group and begin the process of healing in the company of others who understand your journey.

8 sessions. Fee \$185. Pre-registration required.*

Grief & The Holidays

FREE

Tuesday, Nov. 13, Noon–1 p.m.

The holidays will soon be here, magnifying feelings of grief and loss. In this free one-session group you’ll get practical advice on preparing yourself for the holidays, plus opportunities to express grief through the use of expressive arts and sharing of memories.

Free. 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.*