



Community Grief Support Groups



Sonoma • Winter–Spring 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. Donations accepted. Please arrive promptly.

Coping with the Loss of a Loved One

Wednesdays, Feb. 6–Mar. 27, 6–7:30 p.m.

Losing someone close to you can affect many aspects of life.

In this 8-week class, experience the support of others, share your grief and develop strategies for coping with your loss.

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

Mindfulness and Grief Class **FREE**

Thursday, Mar. 7, 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. Donations accepted.

Counseling Office location: 922 First Street West, Sonoma

Hospice by the Bay Main Office • 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.