



Spring- Summer 2017

## Grief Support Group Calendar

### Healing the Loss of an Adult Child\*

#### Tuesday Afternoons

Losing an adult child is a unique, life-changing event. Join other parents in navigating the journey of grief and healing.

### Survivors of Suicide

#### Thursday Evenings (1st and 3rd)

For people healing from the death of a loved one by suicide. In this group, members will share their grief and develop strategies for coping with their loss.

### Widow/Widowers Support Group

#### 2nd, 4th Mon (Evening) / 1st, 3rd Thu (Day)

Support group for adults who have lost a spouse or partner. This is a supportive environment in which you can connect with others facing similar losses.

### Living with Loss (Pregnancy/Infant Loss)

#### Time TBD

For parents who are grieving a pregnancy loss or the loss of an infant child. You will share your grief with others going through your situation and will develop strategies for coping with your loss.

### Healing the Loss of a Loved One

#### Tuesday Evenings (2nd and 4th)

A discussion and support group for adults that have experienced the death of a loved one.

### Healing Through Poetry

#### Monday Afternoons

For those that are bereaved or are anticipating the loss of a loved one. This group examines writing techniques that will allow members to express their grief through the written word.

### Mindfulness for Healing\*

#### Wednesday Mornings August 2nd- 30th

Meditation group in which members will use awareness techniques to address painful feelings around loss. The group is open to anyone experiencing the impact of a life-threatening illness or grieving the loss of a loved one.

### Teen Support Group\*

#### Tuesday Evenings, June 13th - August 8th

For people ages 14 To 18 facing the loss of a loved one. This group will provide a safe supportive environment for teenagers to express grief.

### Young Adults Grieving Support Group\*

#### Wednesday Evenings, August 16th - September 6th

For people ages 19 to 30 facing the loss of a loved one. This group will provide a safe supportive environment for young adults to express grief.

**\*Time limited groups require registration prior to first session. Enrollment closes after the first session.**

Please Note: Space is limited. Each participant must complete registration with HSB prior to group participation. No drop-ins please. Groups are subject to cancellation based on low registration. To register, please contact the intake coordinator at **805-563-8820 ext.**

**110.** All groups are free of charge and donations are gratefully accepted.