



## Winter 2018 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.

### Daytime Widow/Widowers Support Group

#### 1st and 3rd Thursday Afternoons

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. Participants are typically over the age of 65.

### Evening Widow/Widowers Support Group

#### 2nd and 4th Monday Evenings

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. Participants are typically under the age of 65.

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

#### 1st and 3rd Monday Evenings (Dates 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

#### 2nd & 4th Tuesday Evenings

A discussion and support group for adults that have experienced the death of a loved one. Members tend to be middle-aged and most have lost a parent and/or a sibling.

### Healing Through Poetry

#### Monday Afternoons

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

### Mindfulness for Healing\*

#### Wednesday Mornings (Dates TBD)

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.

### Survivors of Suicide

#### 1st & 3rd Wednesday Evenings

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.

### Pet Loss Support Group\*

#### Thursday Afternoons Feb 8th - March 1st

For those who are grieving the loss of their beloved animal companion.

### Parenting After Loss -PAL\*

#### Wednesday Evenings Feb 7th - March 21st

Support group for participants to share their experiences with other grieving parents and children. Family style dinner followed by small, separate, group sessions for parents/guardians and children (4-17 years old). English and Spanish.

**\*For time-limited groups, 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.

