

Upcoming and Ongoing Grief Counseling Services

Often when a death occurs, we don't know where to turn for emotional support. Through our Hospice & Community Bereavement Programs, we are able to offer grief and loss support to community members. We provide an initial assessment session to establish how we can best support your bereavement needs.

8 Week Education and Support Group

A free 8 week grief and loss support group is being offered starting in September. Groups will be held each **Thursday afternoon at locations in Lakeport and Clearlake from 2:30-4:30.**

In group, we will share our unique and precious stories and memories of our loved ones. Groups are structured with ½ education and ½ sharing (only when you want to). We present specific topics each week. Each group builds onto the next and attendance for all sessions is essential, so please commit to the whole series.



Group Schedule and Topics

Session 1: September 20 - We Remember Them

Session 2: September 27- Setting Your Intention to Heal

Session 3: October 4 - Dispel the Misconceptions about Grief

Session 4: October 11- Embrace the Uniqueness of your Grief

Session 5: October 18 - Explore Your Feelings of Loss, Recognize you are not Crazy

Session 6: October 25 - Nurture Yourself & Understand the Six Needs of Mourning

Session 7: November 1- Reach out for Help, Seek Reconciliation, Not Resolution

Session 8: November 8 - Appreciate Your Transformation

To answer any questions that you may have about the group and to reserve a space, please call Jo Moore at 707-263-6270 extension 137. **Pre-registration is required.**

Good Mourning Group

This drop in group is a supportive and social gathering for adults who have experienced the death of a loved one. The group meets in a private room at Lakeport Roundtable Pizza the first Thursday of each month from 11:30 am – 1:00 pm.

Ongoing Grief and Loss Support Groups

This is a monthly drop in groups located in Lakeport and Clearlake. Call Kathleen Bradley at 263-6270 Ext. 123 for more information.