

Upcoming and Ongoing Grief Counseling Services

Often, when we lose a loved one, 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.

8 Week Education and Support Group

A free 8 week grief and loss support group is being offered **starting in January**. 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: We Remember Them

Session 2: Setting Your Intention to Heal

Session 3: Dispel the Misconceptions about Grief

Session 4: Embrace the Uniqueness of your Grief

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

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

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

Session 8: Appreciate Your Transformation

For answers to questions that you 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. It is recommended for those who have completed the 8-week group. 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

These monthly drop in groups are located in Lakeport and Clearlake. Call **Kathleen Bradley at 263-6270 Ext. 123 for more information.**

