



## 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 held in the evening** will be offered starting April 18. Groups will be held each **Thursday evening in Clearlake at a safe and convenient location from 5:30 pm – 7:30 pm.**

In group, we 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



To answer any questions that you may have about the group and to reserve a space, please call Kathleen Bradley at 707-263-6270 extension 123.

**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 Groups**

Monthly drop in groups are located in Lakeport and Clearlake. Call Kathleen Bradley at 2563- 6270 Ext. 123 for more information.