



Upcoming and Ongoing Grief Counseling Services

Often, when we experience the death of 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 education & support group will be offered weekly starting October 1. The Group meetings will be held **Thursday using Zoom from 2:30 pm-4:00 pm**. Volunteer Bereavement Counselor Margaret Flick will facilitate the group.

In group, we share our unique stories and memories of our loved ones. Also, each week there is an educational piece about a specific aspect of the grief process. Each session builds on the next therefore attendance at all sessions is essential.

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
- Session 6: Understand the Six Needs of Mourning & Nurture Yourself
- Session 7: Reach Out for Help, Seek Reconciliation, Not Resolution
- Session 8: Appreciate Your Transformation



For questions that you may have about the group, assistance with Zoom, and to reserve a space, ***please contact Kathleen Bradley at 707-263-6270 Ext. 123 or email kbradley@lakecountyhospice.org. Pre-registration is required.***

Ongoing Grief and Loss Groups

Three separate monthly drop-in support groups are being held in Lakeport and Clearlake. These groups are recommended for those who have completed the 8-week education group. **Groups will be 2:30 – 4:00 pm in Clearlake on the 4th Wednesday & in Lakeport on the 2nd Wednesday. An additional drop-in group will take place on the 1st Thursday of the month from 11:30 am-1:00 pm at the Bereavement Center in Lakeport.**

Group participants are required to comply with the COVID-19 protocols established by CDC and the County of Lake Health Services Department. Social distancing is required during the groups. ***Contact Kathleen Bradley at 263- 6270 Ext. 123 or kbradley@lakecountyhospice.org for more information.***