



# Hospice of the East Bay

## The Center for Grief and Loss

*Support groups and educational classes about the grieving process can reduce the sense of isolation that accompanies a loss. They provide an opportunity to share experiences, thoughts and feelings with others who are similar situations.*

### SUPPORT GROUPS FOR ADULTS

#### Adults Who Have Lost A Parent

This support group is for any adult who has experienced the death of one or both parents.

**Pleasant Hill:** Tuesdays, 7:00 – 9:00 PM

April 13 – June 1, 2010

#### Grief Support for Family and Friends

A support group for those who have experienced the death of a loved one or friend.

**Pleasant Hill:** Thursday evenings, 6:30 to 8:30 PM

March 11 – April 29, 2010

#### LGBT Grief Support Group

This group offers grieving individuals a safe place to share thoughts and feelings and meet others who have experienced the death of a significant person in their life.

**Pleasant Hill:** Thursday evenings, 6:30 to 8:30 PM

February 25 – April 15, 2010

#### Widow and Widower's Support Group

A support group for men and women who have experienced the death of a spouse or partner.

**Pleasant Hill: (Day):** Wednesdays, 1:00 to 3:00 PM

April 21 – June 9, 2010

**(Evening):** Mondays, 6:00 – 8:00 PM

March 22 – May 10, 2010

#### Young Widow and Widower's Support Group

Are you under the age of 50 and grieving the death of a spouse?

**Pleasant Hill** Mondays, 6:00 – 8:00 PM

March 22 – May 10, 2010

### GRIEF CLASSES FOR ADULTS

#### Understanding Grief

A class for people who are bereaved, experiencing grief after a death, and people who want to support a friend.

**Pleasant Hill:** Tuesday, February 16, 2010

6:30 – 8:30 PM

### SUPPORT GROUP FOR CHILDREN



#### The first step to healing!

A six-week support and counseling program for grieving children and their adult caregivers.

Tuesdays, 5:15 – 6:30 PM

April 13 – May 18, 2010

### EVENING OF REMEMBRANCE 2010

This is a time to remember hospice patients who died during the last year.

Fall 2010



#### Pleasant Hill location

3470 Buskirk Ave.  
Pleasant Hill, CA 94523

#### Brentwood location

350 John Muir Pkwy Ste 120  
Brentwood, CA 94513

**All groups and classes require pre-registration!**

**Please call (925) 887-5681 to register for a support group or class.**

No one will be turned away if they are unable to pay the registration fee.