



Hospice of the East Bay

Bereavement Services Calendar

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: Mondays, 6:00 – 8:00 PM
April 16 – June 11, 2012
(No meeting on 5/28/12)

Brentwood: Tuesdays, 6:00 – 8:00 PM
March 6 – April 24, 2012

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: Thursdays, 1:30 – 3:30 PM
April 19 – June 7, 2012

Brentwood: Mondays, 5:00 – 7:00 PM
March 5 – April 23, 2012



Loss of a Child Support Group

A support group for parents who have lost a child over the age of 18. This group meets every other week for six weeks.

Pleasant Hill: Tuesdays, 6:00 – 8:00 PM
Dates to be determined

Drop-In Bereavement Support Group

This ongoing group meets twice per month to provide support for anyone grieving the death of someone close to them. No registration required; just show up!

Pleasant Hill: 1st & 3rd Wednesdays of the month
4:30 – 6:00 PM

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: Thursday, March 1, 2012
6:00 - 8:00 PM

SUPPORT GROUP FOR CHILDREN

A support program for grieving children and their adult caregivers.

Spring 2012

Pleasant Hill location
3470 Buskirk Ave.
Pleasant Hill, CA 94523

EVENING OF REMEMBRANCE

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

Spring 2012

Brentwood location
350 John Muir Pkwy Ste 120
Brentwood, CA 94513

All groups and classes, except our drop-in group, require pre-registration, please call (925) 887-5681 to register!

Our current calendar is also on our web site: www.hospiceeastbay.org

Bereavement Services are provided free of charge to all community members in need; however, donations are greatly appreciated. Hospice of the East Bay is a 501 (c) (3) not-for-profit, organization that relies on the support of the community we serve.

East Bay Integrated Care, Inc. (EBIC) does business as Hospice of the East Bay, Palliative Care of Contra Costa, and The Bruns House. Hospice Foundation of the East Bay is a separate fund-raising corporation.