Hospice of the East Bay

Bereavement Services Calendar

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 January 28 - March 25, 2013 (No meeting on February 18)
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:** **Afternoons:** Thursdays, 1:30 - 3:30 PM January 3 - February 21, 2013 **Evening:** Wednesdays, 6:00 - 8:00 PM February 6 - March 27, 2013 **Brentwood:** Tuesdays, 3:00 - 5:00 PM February 5 - March 26, 2013
NEW **Pet Loss Support Group** In a nurturing small group, you are encouraged to process natural feelings of grief resulting from the loss of a beloved animal.	**Walnut Creek:** 1st Tuesday of the month, 12 – 1:30 PM Tony La Russa's Animal Rescue Foundation 2890 Mitchell Dr. Walnut Creek
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

Coping with the Holidays A class that presents ideas and strategies to help those experiencing grief during the holiday season	**Pleasant Hill:** Tuesday, November 13, 2012 6:30 - 8:00 PM
NEW **THE BRIDGE** *Support for Grieving Children & Teens*	**Evening of Remembrance**
A bi-monthly support program for grieving children and teens using art, play, journaling, music and conversation. Support is also available for parents/guardians. Pre-registration is required. The program runs from September into June. New participants can start at any time! **Call to register!**	This is a time to remember hospice patients who died during the last year. Spring 2013
Pleasant Hill location 3470 Buskirk Ave. Pleasant Hill, CA 94523	**Brentwood location** 80 Eagle Rock Ave, Suite A, 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.