



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 in 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
January 9 – February 27, 2012

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: **Day:** Thursdays, 2:00 – 4:00 PM
January 5 – February 23, 2012
Evening: Wednesdays, 6:00 – 8:00 PM
January 11 – February 29, 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. There will be two groups that will meet every other week, one for parents of children 18 & under and one for parents of children over 18 years of age.

Pleasant Hill: Tuesdays, 6:00 – 8:00 PM
18 & Under: January 10, 24, February 7, 21, March 7 and 21, 2012

Over 18: January 17, 31, February 14, 28, March 14 and 28, 2012

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

EVENING OF REMEMBRANCE

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

Spring 2012

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, 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.