



COVID-19 Update

Due to the COVID-19 virus, we are temporarily canceling all face-to-face grief counseling services. We are currently offering "virtual" grief support groups through a dedicated conference phone number. As always, should you need support, we have counselors available to talk to you during normal business hours, Monday through Friday. For more information, please call us at (925) 887-5678.

DROP-IN GRIEF SUPPORT FOR ADULTS

This ongoing bi-monthly group meets twice per month to provide support for adults (18+) grieving the death of someone close to them. No registration required. Please arrive a few minutes early.

1st & 3rd Tuesdays, 6-7:30pm

Location: Pleasant Hill Office

1st & 3rd Thursdays, 4:30-6pm

Location: Pleasant Hill Office

2nd & 4th Thursdays, 4:30-6pm

Location: Brentwood

PET LOSS SUPPORT

In a nurturing small group, you are encouraged to process natural feelings of grief resulting from the loss of a beloved animal.

Please register no later than 24-hours in advance.

2nd Tuesday of the month, 5:30-7pm

Location: Tony La Russa's Animal Rescue

SPOUSE & PARTNER LOSS

An eight-week group for those who have experienced the death of a spouse or partner.

Space is limited, please call for further information.

PARENT LOSS

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

Space is limited, please call for further information.

NEXT STEPS

This six-week support group is for individuals emerging from their first year of grief. If you are finding it difficult to take the next steps in your life, this group is designed with you in mind.

Space is limited, pre-registration required, please call for further information.

Workshops & Classes

UNDERSTANDING GRIEF

This 90-minute class discusses grief and its natural process, as well as the broad range of common grief reactions. The information presented is helpful for people who are recently bereaved, experiencing grief years after a death, or wanting to support a bereaved friend.

Please register by May 13th.

Wednesday, May 20, 6-8pm

Location: Pleasant Hill Office

REMEMBERING MOM & DAD

Mother's and Father's Day can present a challenge when we are grieving the loss of a parent. This one-evening class will provide you with a warm and nurturing environment to talk about your loss, offer some suggestions to help you manage your grief, and give you a chance to meet others going through a similar experience.

Please register by April 29th.

Wednesday, May 6, 6-8:00pm

Location: Pleasant Hill Office

The Bridge

THE BRIDGE FOR GRIEVING CHILDREN & TEENS

2020 School Year

This bi-monthly program runs throughout the school year and provides grief support in a safe place where children, teens, and their families can share their experiences using play, journaling, music and conversation. Pre-registration is required, please call for specific dates.

Tuesdays, starting Feb 4, 6-7:30pm

Location: Valhalla Elementary School



**TO REGISTER CALL
(925) 887-5678**

IMPORTANT:

Pre-registration is required for all services except Drop-In groups.

www.HospiceEastBay.org

LOCATIONS

PLEASANT HILL OFFICE

3470 Buskirk Avenue
Pleasant Hill, CA 94523

BRENTWOOD

John Muir Urgent Care Center
2400 Balfour Road, Suite 223
Brentwood, CA 94513

TONY LA RUSSA'S ANIMAL RESCUE FOUNDATION

2890 Mitchell Drive
Walnut Creek, CA 94598

VALHALLA ELEMENTARY SCHOOL

530 Kiki Drive
Pleasant Hill, CA 94523

PLEASANT HILL SENIOR CENTER

233 Gregory Lane
Pleasant Hill, CA 94523

Please Note:

Grief services are provided free of charge to all community members in need. However, donations are greatly appreciated. Hospice East Bay is a not-for-profit organization that relies on the support of the community we serve.

April 8, 2020