



Grief Support Groups for Adults

These 6-session groups are for **adults only**; **please pre-register**

Salem Daytime

Mondays, 1-2:30 pm
March 8, 15, 22, 29 and April 5, 12, 2010
Willamette Valley Hospice
1015 3rd St NW, Salem

Stayton Daytime

Fridays, 10:30 - noon
January 22, 29 and February 5, 12, 19, 26, 2010
Santiam Hospital
1401 N 10th, Stayton

Dallas Daytime

Thursdays, 3-4:30 pm
April 15, 22, 29 and May 6, 13, 20, 2010
West Valley Hospital
525 Se Washington, Dallas

Stayton Evening

Mondays, 6-7:30 pm
April 12, 19, 26 and May 3, 10, 17, 2010
Santiam Hospital
1401 N 10th, Stayton

Grief Support Groups for Ages 5 Years to Adults

These 6-session groups are for **children, adults & families**; **please pre-register**

Spring Session

Tuesdays, 6:00-7:30pm,
April 6, 13, 20, 27, May 4, 11, 2010

Fall Session

Tuesdays, 6:00-7:30pm,
September 21, 28, October 5, 12, 19, 26, 2010

All 6-session groups are held at Willamette Valley Hospice, 1015 3rd St NW, Salem

Drop-In Grief Workshops for Adults

These events are open for any **adult** in the community; **no registration required**

Creatively Expressing Grief

2nd Thursday of every month 1:00pm -2:15pm

Explore how art can help you express your grief when words alone seem inadequate.

Monthly topics are:

February 11: Expressing Love in a time of Grieving
March 11: Building Interlacing Support Systems.
April 8: How Music Can Help You through Grief

Drop-In Discussion Groups

4th Thursday of every month 12:15pm – 1:30pm

1st Wednesday evening of every month
6:30-7:45pm

Each session is devoted to adults who have lost a loved one.

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| February 25 th 12:15 pm | February 3 rd 6:30 pm |
| March 25 th 12:15 pm | March 3 rd 6:30 pm |
| April 22 nd 12:15 pm | April 7 th 6:30 pm |

Community Grief Workshops for Everyone

These events are open for anyone in the community; **no registration required**

Spring Memorial Gathering

Thursday, June 3rd, 3-5 pm
Willamette Valley Hospice
1015 3rd St NW, Salem

Coping With The Holidays

Saturday, November 13th, 9 am - 12 pm
Willamette Valley Hospice
1015 3rd St NW, Salem