



Grief Support Groups for Adults

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

<p>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</p>	<p>Stayton Daytime Fridays, 10:30 - noon January 22, 29 and February 5, 12, 19, 26, 2010 Santiam Hospital 1401 N 10th, Stayton</p>
<p>Dallas Daytime Thursdays, 3-4:30 pm April 15, 22, 29 and May 6, 13, 20, 2010 West Valley Hospital 525 Se Washington, Dallas</p>	<p>Stayton Evening Mondays, 6-7:30 pm April 12, 19, 26 and May 3, 10, 17, 2010 Santiam Hospital 1401 N 10th, Stayton</p>

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	Drop-In Discussion Groups	
2 nd Thursday of every month 1:00pm -2:15pm	4 th Thursday of every month 12:15pm – 1:30pm	
Explore how art can help you express your grief when words alone seem inadequate.	1 st Wednesday evening of every month 6:30-7:45pm	
Monthly topics are:	Each session is devoted to adults who have lost a loved one.	
February 11: Expressing Love in a time of Grieving March 11: Building Interlacing Support Systems. April 8: How Music Can Help You through Grief	February 25 th 12:15 pm March 25 th 12:15 pm April 22 nd 12:15 pm	February 3 rd 6:30 pm March 3 rd 6:30 pm April 7 th 6:30 pm

Community Grief Workshops for Everyone

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

<p>Spring Memorial Gathering Thursday, June 3rd, 3-5 pm Willamette Valley Hospice 1015 3rd St NW, Salem</p>	<p>Coping With The Holidays Saturday, November 13th, 9 am - 12 pm Willamette Valley Hospice 1015 3rd St NW, Salem</p>
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