



## Grief Support Groups for Adults

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

<p><b>Salem Daytime</b> Wednesdays, 2:00-3:30 pm September 8, 15, 22, 29, October 6, 13, 2010 Willamette Valley Hospice 1015 3rd St NW, Salem</p>	<p><b>Silverton Evening</b> Thursdays, 6-7:30 pm September 16, 23, 30, October 7, 14, 21, 2010 Family Birth Center 342 Fairview, 2nd Floor, Silverton</p>
<p><b>Woodburn Evening</b> Mondays, 6:00-7:30 pm September 20, 27, October 4, 11, 18, 25, 2010 Cascade Park 950 N Cascade Dr, Woodburn</p>	<p><b>Stayton Evening</b> Mondays, 6:00-7:30 pm October 11, 18, 25, November 1, 8, 15, 2010 Santiam Hospital 1401 N. Tenth, Stayton</p>

## Grief Support Groups for Ages 5 Years to Adults

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

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

All 6-session children, adult, and family groups are held at Willamette Valley Hospice, 1015 3<sup>rd</sup> 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	
<p><b>2<sup>nd</sup> Thursday of every month 1:00pm - 2:15pm</b></p> <p>Explore how art can help you express your grief when words alone seem inadequate.</p> <p><b>September 9<sup>th</sup>:</b> Journaling <b>October 14<sup>th</sup>:</b> Restoring Balance <b>November 11<sup>th</sup>:</b> Guided Meditation <b>December 9<sup>th</sup>:</b> Grief Stew</p>	<p><b>4<sup>th</sup> Thursday of every month 12:15pm - 1:30pm</b> or <b>1<sup>st</sup> Wednesday evening of every month 6:30 - 7:45pm</b> Each session is devoted to adults who have lost a loved one.</p>	
	<p><b>August 26<sup>th</sup> 12:15 pm</b> <b>September 23<sup>rd</sup> 12:15 pm</b> <b>October 28<sup>th</sup> 12:15 pm</b> <b>November 25<sup>th</sup> 12:15 pm</b></p>	<p><b>September 1<sup>st</sup> 6:30 pm</b> <b>October 6<sup>th</sup> 6:30 pm</b> <b>November 3<sup>rd</sup> 6:30 pm</b> <b>December 1<sup>st</sup> 6:30 pm</b></p>

## Community Grief Workshops for Everyone

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

<p><b>Coping With The Holidays</b> Saturday, November 13<sup>th</sup>, 9:00 am – 12:00 pm Willamette Valley Hospice 1015 3<sup>rd</sup> St NW, Salem</p>	<p><b>Light up a Life Community Memorial Gathering</b> Thursday, December 2<sup>nd</sup>, 3:00-5:00 pm Willamette Valley Hospice 1015 3<sup>rd</sup> St NW, Salem</p>
--	---