



Willamette Valley

Hospice

503.588.3600
wvh.org

JANUARY – JUNE 2019

Grief Support Groups

Willamette Valley Hospice offers a variety of adult, child and family groups and workshops that are designed to encourage, educate and empower you as you grieve the death of a loved one.

**All groups held at Willamette Valley Hospice,
1015 3rd Street NW in Salem.**

Grief Groups for Adults

Registration required for these groups. Call 503.588.3600 to register.

Wednesday, January 23 – February 27, 1:30-3:00 pm

Wednesday, March 27 – May 1, 1:30-3:00 pm

Wednesday, June 19 – July 24, 6:00 - 7:30 PM

Drop-In Grief Groups

Monthly drop-in grief groups are available to any adult seeking support after the death of a loved one. The meetings offer a chance to meet with others to find support and understanding for the challenges of life after a death.

**There is no charge to attend. No registration necessary.
Donations are gratefully accepted to offset costs.**

CREATIVELY EXPRESSING GRIEF

2nd Thursday • 1:00–2:15 pm

Explore how to express your grief when words alone seem inadequate. We look at a different theme each month and create an object to take home as a way to process and discuss grief.

GRIEF DISCUSSION GROUP

4th Thursday • 12:15–1:30 pm

Learn about and explore the grieving process in a safe, supportive environment. Participants are invited to speak as they feel comfortable and wish to do. Please feel free to bring your meal; beverages will be provided.

Groups for Adults, Children and Families

This 7-week group is for adults, as well as children ages 6-17. It focuses on normalizing and understanding the grief process. Registration is required.

Tuesday Evenings:

**January 8 – February 19
6:00-7:30 pm**

or

**April 9 – May 21
6:00-7:30 pm**

