

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.

Grief Groups for Adults

**Registration required for these groups.
Call 503.588.3600 for location and to register.**

Salem:

Wednesday, June 21 – July 26 • 6:00-7:30 pm

Salem:

Wednesday, August 16 – September 20 • 1:30-3:00 pm

Wednesday, November 8 – December 13 • 1:30-3:00 pm

Silverton:

Wednesday, November 8 – December 13 • 1:30-3:00 pm

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.

This group will be held at:
Willamette Valley Hospice
1015 3rd St NW
Salem, OR 97304

**Tuesday Evenings
September 12 – October 24
6:00-7:30 pm**

Camp Mighty Oaks – July 15

Camp Mighty Oaks is a fun-filled day for children ages 6+ and their families to connect, remember, and work on healing after the loss of a loved one.

Call 503.588.3600 for more information or to register for Camp Mighty Oaks.



SAVE THE DATE:
Upcoming Events

*Light Up a Life
Community Memorial
Gathering*

DECEMBER 7, 2017

4:30-5:30

AND

6:30-7:30

No registration needed

Camp Mighty Oaks
JULY 15

Call for details
and to register

*Coping with the
Holidays*

NOVEMBER 11

9:00 am-noon

Call to register if children
will be attending

*A complete list of upcoming
events can be found at
wvh.org/calendar or call
503.588.3600 for more
information.*

Drop-In Grief Groups

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.

Monthly Groups

All monthly groups are held at:

Willamette Valley Hospice, 1015 3rd Street NW, Salem, OR

CREATIVELY EXPRESSING GRIEF

2nd Thursday • 1:00–2:15pm

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 • 12:15–1:30pm

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.***