

## 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.

### 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**

### Grief Groups for Adults

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

#### Salem:

**Wednesday, August 16 – September 20 • 1:30-3:00 pm**  
**Wednesday, November 8 – December 13 • 1:30-3:00 pm**

#### Silverton:

**Wednesday, October 11 – November 15 • 1:30-3:00 pm**



**SAVE THE DATE:**  
*Upcoming Events*

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*Light Up a Life  
Community Memorial  
Gathering*

**DECEMBER 7, 2017**

**4:30-5:30**

**AND**

**6:30-7:30**

No registration needed

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*Coping with the  
Holidays*

**NOVEMBER 11**

**9:00 am-noon**

Call to register if children  
will be attending

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

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# 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.***