

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 9 – February 20, 2018
6:00-7:30 pm

April 10 – May 22, 2018
6:00-7:30 pm

Upcoming Events

**Light Up a Life Community
Memorial Gathering**
DECEMBER 7, 2017
4:30-5:30 AND 6:30-7:30

All are welcome to remember & honor their loved ones at these community events.

No registration is necessary.



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, January 24 – February 28, 2018 • 1:30-3:00 pm

Wednesday, March 28 – May 2, 2018 • 1:30-3:00 pm

Silverton:

Wednesday, March 28 – May 2, 2018 • 1:30-3:00 pm

Monthly Drop-In 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.

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.**

All support groups are held at:

Willamette Valley Hospice, 1015 3rd Street NW, Salem, OR
Unless otherwise noted.