

*All groups are currently planned to be on-site, in person. To be able to participate, registration is required. Participants must show proof of COVID vaccine, use a mask and practice social distancing. Schedules and locations subject to change due to COVID-19, in accordance with the Oregon Health Authority.*

## Drop-In Grief Group Opportunities

Weekly drop-in Grief Groups are available to any adult seeking support after the death of a loved one.

### Thursday Drop In Groups ON SITE: 1:00pm – 2:15pm.

Proof of COVID Vaccination, use of mask and social distancing required.

Explore the grieving process in a safe, supportive environment. These meetings offer a chance to meet with others to find support and understanding for the challenges of life after a death.

Groups will be limited to 8 participants plus facilitators due to space concerns. First 8 to arrive will participate.

**The second Thursday of the Month, the group will be a Creatively Expressing Grief through Art Group. Explore how to express your grief when words alone seem inadequate.**

## 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 normally held at Willamette Valley Hospice, 1015 3rd Street NW in Salem.**

Groups offered online if not possible in person, due to Covid-19. Check [wvh.org/grief](http://wvh.org/grief) for details.

**Registration required for these groups, as they are subject to change. Call 503.588.3600 to register.**

### Grief Support Groups for Adults

#### 6 week groups

Wednesday: January 26th – March 2nd, 1:30pm – 3:00pm

Wednesday: March 30th – May 4th, 1:30pm – 3:00pm

Wednesday: June 1st – July 6th, 6pm – 7:30pm

### Grief Support Groups for Adults, Children and Families

#### 7 week groups

Tuesdays: January 11th – February 22nd, 6:00pm – 7:30pm

Tuesdays: April 12th – May 24th, 6:00pm – 7:30pm



## Camp Mighty Oaks

Children and  
Family Camp

Saturday  
July 16th