

Schedules and locations subject to change due to COVID-19, in accordance with the Oregon Health Authority.

Please check wvh.org/grief or [facebook.com/WillametteValleyHospice](https://www.facebook.com/WillametteValleyHospice) for the most updated information.

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:

Jan. 12th – Feb. 23rd
6:00 pm to 7:30 pm

April 6th – May 18th
6:00 pm to 7:30 pm



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 for details.

Grief Groups for Adults

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

6-week Group

Wednesday January 20th – February 24th 1:30 pm – 3:00 pm

Wednesday March 24th – April 28th 1:30 pm – 3:00 pm

Wednesday May 26th – June 30th 6:00pm – 7:30pm

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.

When groups are not possible in person, visit wvh.org/grief for links to attend online.

CREATIVELY EXPRESSING GRIEF

2nd Thursday of month, 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 of month, 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.

SAVE THE DATE

**Camp
Mighty
Oaks**

**Saturday
July 10th**