

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

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:
Sept 14th – Oct 26th
6:00 pm – 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.

Wednesday May 26th – June 30, 6:00 – 7:30 pm
Wednesday July 28th- Sept 1, 1:30 – 3:00 pm
Wednesday Oct 6th – Nov 10, 1:30 – 3:00 pm

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.

**Camp
Mighty
Oaks
Saturday
July 10th**





Upcoming Events

Camp Mighty Oaks

**Saturday, July 10th 8:30 am – 7:00 pm
at Oregon 4-H Center in West Salem**

A day of fun and remembrance for families with children ages 6-17 who have experienced the death of a loved one in the past two years. Campers enjoy fun-filled activities that promote hope & healing. Call the bereavement department for more information or to register. Registration must be received by 6/25/2021.

Reflections on the River

Two events will help us honor, celebrate, and remember our loved ones who have died, including a live River Walk with personalized luminarias lining the paths of Salem's Riverfront Park. Join us for a self-paced walk and time of reflection. In addition, an online presentation of Reflections on the River will feature music, words of comfort, and memorials to veterans and to the Oregonians who have died from Covid-19. Personalized luminarias will be available for purchase.

River Walk:

September 9, 2021 from 7:30-9:00 pm at Salem's Riverfront Park

**Reflections on the River Online Presentation:
September 23, 2021 at 7:30 pm.**

Program can be viewed at <https://wvh.org/Reflections/>, CC: Media channel 23, or at <https://www.facebook.com/WillametteValleyHospice>.

Coping with Grief at the Holidays Workshop

Saturday November 6th 9:00 am to 12:00 pm

The holidays can be a particularly hard time when grieving. Join us for a time of learning new coping skills to help at this time and enjoy a holiday craft of remembrance. Please call to RSVP if children will be attending so we can have an accurate count for supplies.

Winter Remembrance & Honoring

Thursday, December 9th 3:30 – 4:30 or 5:30 - 6:30 pm

All are invited to stop by during either session for an individualized opportunity to honor and remember your loved ones. A quiet space for rituals will be offered during this time of remembrance.