



## **Grief Support Groups**

**December 2011 - February 2012**

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### **ONGOING GROUPS: New participants welcomed at any time**

- ◆ Informal discussion led by a facilitator.
- ◆ Share experiences & feelings, learn about the grief process, identify healthy coping skills.
- ◆ Free and open to anyone who is coping with the death of a significant person. No registration necessary.

#### **MOUNT VERNON ~ *Meets weekly* \*\*\* NEW \*\*\***

Every Tuesday 4:00 - 5:30 p.m.

Hospice of the Northwest office, 819 S. 13th Street

#### **ANACORTES ~ *Meets monthly***

3<sup>rd</sup> Tuesday 10:00 - 11:30 a.m.

December 20; January 17; February 21

Senior Center, 1701 22<sup>nd</sup> Street

#### **OAK HARBOR ~ *Meets monthly***

Monday 1:00 - 2:30 p.m.

December 19; January 9; February 13

Senior Center, 51 SE Jerome Street

#### **LANGLEY ~ *Meets monthly***

1<sup>st</sup> Wednesday 3:00 - 4:30 p.m.

December 7; January 4; February 1

Senior Center, 715 Pacific Street

### **LOSS OF A CHILD: Pre-registration required**

- ◆ Ongoing group for parents and grandparents who have experienced the death of a child (of any age.)
- ◆ Please call 360-814-5589 to pre-register.

#### **MOUNT VERNON**

1<sup>st</sup> Thursday 5:30 - 7:00 p.m.

December 1; January 5; February 2

Hospice of the Northwest office, 819 S. 13<sup>th</sup> Street

### **BRIDGES: The Journey from Loss to Living Again: Register now for spring group**

Six-week group explores ways to adapt to the loss of a loved one, cope with change, and find support. Please call for information or to register. Space is limited. 360-814-5589

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