



## **KAWEAH HEALTH HOSPICE**

# **Schedule for Groups/Classes**

It can be very helpful and supportive to meet with others who have also experienced the loss of a loved one. Support groups provide an opportunity to share stories, to simply listen, to encourage others and be encouraged, and to have your feelings supported as you support the feelings of others. Above all, being part of a group helps you realize, you are not alone in grief.

**Notice:** An initial phone interview is a prerequisite before attending any of our support groups. Please call our Bereavement Coordinator, James Susee, at 559-733-0642.

### **Two Daytime Spouse Loss Support Groups**

2nd and 4th Monday of each month 10:30 a.m. - 11:30 a.m.  
AND

1st and 3rd Tuesday of each month 2 p.m. - 3 p.m.

A support group that offers companionship and understanding from others who have experienced a similar loss, and are experiencing the similar challenges that living with grief brings. This support group gives you the opportunity to share your story openly and guilt-free. You also have the opportunity to hear the stories of others and talk about coping day-to-day, as well as on the most difficult days of your grief journeys.

### **Online Evening General Grief Support Group**

1st and 3rd Monday of each month 6:30 p.m. - 7:30 p.m.

A support group for those who have experienced any type of loss and are experiencing the challenges grief brings. This support group discusses topics such as: The Nature of Grief, Managing Difficult Emotions, Nurturing the Wounded Self, Remembering the One Who Died, Making Needed Adjustments, Coping With Stress of Change, Reaching Out for Support, and Handling Special Occasions.

### **Children's Grief Workshop (4-Week Class)**

#### **Children (and Families) Undergoing Bereavement Support (nicknamed C.U.B.S.)**

Children ages 7-12 are welcome to attend, exceptions may be made for siblings in attendance.

Four Tuesdays, 5:30 p.m. - 6:30 p.m.  
Registration Required

C.U.B.S curriculum offers a healing bridge for communication among children, parents, grandparents and foster parents whose families are on the unpredictable passageway of grief.

Children work in small groups with others of similar age and loss situations. Each group meets weekly for four weeks under the guidance of a trained facilitator. Concurrent parent/caregiver support groups are also an integral part of C.U.B.S.

### **FALL ANNUAL GOOD GRIEF CAMP. Oct. 22, 2022**

Hosted at Visalia Naz (Registration Required)