

Non-Profit Org.  
U.S. POSTAGE  
PAID  
Permit No. 403  
Fort Collins, CO

## Support Groups and Events Spring 2020

Pathways for  
Grief & Loss

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Grief & Loss  
305 Carpenter Road  
Fort Collins, CO 80525

### KIDS, HORSES & HEALING

This program is a therapeutic riding retreat for bereaved children and teens. It's a collaboration between Pathways and the Hearts and Horses Therapeutic Riding Center in Loveland. Please call for more information. Scholarships are available. Registration is required; cost is \$80 per child. Space is limited, please register early.



**Sunday, June 14, 10 a.m.-4 p.m.**

*Coming  
This  
Summer...*



**Save the Date!**

### A DAY IN THE GARDEN - ADULTS

A self-care, mini retreat for adults.

**Saturday, June 6**

### A DAY IN THE GARDEN - CHILDREN

Join us for a special day in the Pathways Children's Healing Garden to explore grief through art, music, and play. Ages 6 and up.

**Friday, July 24**

### SUMMER MEMORIAL SERVICE AND BUTTERFLY RELEASE

**Saturday, July 11, 10 am**

*Space is limited in most groups.  
Please plan to register early.  
(970) 663-3500*

### Grief Services Information

Pathways offers individual, couples and family counseling. Counselors are licensed professionals with specialized training and experience in grief and loss. Because people grieve in different and personal ways, Pathways offers counseling to meet the distinctive needs of different age groups and types of loss. To support the needs unique to losing a parent, spouse, child, friend or co-worker, Pathways offers specific services and programs themed on these relationships.

### Counseling for Serious Illness Information

When someone is diagnosed with a serious illness, they face many changes and challenges, as do their family members. These may include adjustments to new routines, dealing with symptoms and treatments and taking on care-giving responsibilities. Counseling can help navigate these changes and manage difficult emotions.

Please call us at (970) 663-3500 for more information about our services or support groups, registration and fees.

**All Groups and Events meet at our Fort Collins location unless otherwise noted.**

305 Carpenter Road  
Fort Collins, CO 80525  
(970) 663-3500 Phone  
(970) 292-1085 Fax

[www.pathways-care.org](http://www.pathways-care.org)



## BEREAVED PARENTS SUPPORT GROUP

This 5-week group is an opportunity to meet other bereaved parents and it is designed to support you in this very difficult time of grief. We will focus on managing and coping with grief as well as remembering and honoring your children. Professional grief counselors facilitate the group and support parents through the grief process. **Call to register. Date is to be determined.**

## CAREGIVER COMMUNITY GROUP

Caring for an ill loved one is one of the hardest jobs in the world. Join us to build strength through support and connection with others in similar situations. This group is facilitated by social workers and counselors from Pathways. No registration required.



**Weld County:** Group meets the fourth Monday of the month from 1-2:30 p.m.  
March 23, April 27, May 25, June 22  
Location: 2525 W. 16th Street, Greeley, CO

**Larimer County:** Group meets the second Tuesday of the month from 1-2:30 p.m.  
March 10, April 14, May 12, June 9  
Location: 305 Carpenter Road, Fort Collins, CO

## MEN'S GRIEF SUPPORT

This discussion group is for men who have experienced loss and will address the issues that men experience when grieving. No registration required. Group meets the first Wednesday of each month from 6:30-8 p.m.  
March 4, April 1, May 6, June 3



## CIRCLES OF HOPE: FAMILIES GROWING THROUGH GRIEF

Support group for families with young children to learn healthy ways of coping with grief and to honor loved ones. Dinner will be provided, and free childcare is available by appointment. Call Tammy at 970-292-1072 to register for group and arrange childcare. Group meets the second Monday of each month, March through October only, from 6-8 p.m. This event will break in June and July and resume in August.

March 9, April 13, May 11

## ON OUR OWN

A Widowed Person's Discussion Group. This ongoing group offers an opportunity to find practical guidance and hope after experiencing the death of a spouse. No fee, no registration required. Meets the second Wednesday of the month at two times: 1-2:30 p.m. and 6:30-8 p.m. Topic is the same for both times.

March 11 – From We to Me

April 8 – Coping with Comments: How to Handle What People Say

May 13 – Memories and Meaning Making

June 10 – Socializing: When, Where, How, and Why

*Space is limited in most groups.  
Please plan to register early.  
(970) 663-3500*



## LIVING WITH LOSS

Support group for anyone coping with the loss of a loved one. Attendance to all four sessions strongly encouraged. Registration required; cost is \$30. No cost to Pathways family members.

March 5, 12, 19, 26, 3:30-5 p.m.

April 2, 9, 16, 23, 6-7:30 p.m.

May 7, 14, 21, 28, 3:30-5 p.m.

June 4, 11, 18, 25, 6-7:30 p.m.



## HEALING HEARTS – CREATIVE SELF-CARE ART GROUP

This group will be offered to adults grieving or coping with serious illness who are noticing a need to create more self-care in their lives. Registration not required; no cost to attend. Group meets the third Tuesday of the month from 10 a.m. – noon.

March 17, April 21, May 19, June 16



## RESILIENCE BOOK CIRCLE

BY HALCYON HOSPICE

Join our book circle as we share discussions that present helpful ideas about how to face loss and adversity in our lives. You do not need to have read the book to attend! Meets fourth Thursday of the month from 1-2:30 p.m. at the Front Range Business Center, 1635 Foxtrail Dr, Loveland CO 80538.

March 26 – How to Survive the Loss of a Parent by Lois F. Akner

Contact Georgia Robertson at 720-584-1581 with questions or to enroll

## REGISTRATION FORM

Mail form with payment to:  
Pathways  
305 Carpenter Road  
Fort Collins, CO 80525  
Or Call: (970) 663-3500

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

Zip \_\_\_\_\_

Email \_\_\_\_\_

Phone \_\_\_\_\_

Okay to contact me with news about Pathways (unsubscribe at any time).

How did you learn about *Pathways for Grief & Loss*?

Are you coming to group because of a:

Serious Illness  Death of a Loved One

Please fill in the following if applicable:

Name of Deceased \_\_\_\_\_

Date of Death \_\_\_\_\_

Cause of Death \_\_\_\_\_

Relationship to Deceased \_\_\_\_\_

Were they a Pathways Hospice patient?  Yes  No

I am registering for:

Kids, Horses & Healing: \$80 \_\_\_\_\_

Living with Loss - \$30\* \_\_\_\_\_

\*(No cost for Pathways family members)

Amount enclosed: \_\_\_\_\_

Scholarships and reduced payments available for all classes.

Online registration available by visiting [pathways-care.org/news-events](http://pathways-care.org/news-events)