

Pathways for Grief & Loss



Virtual Support Groups & Events

**Link for the group will be sent following registration. No cost to attend.

Art Journaling for Healing**

This group is for adults grieving or coping with serious illness that would like to explore using art and writing as a process of self discovery and healing. This is an open art group. Each month the facilitators will provide a quote or inspiration to help prompt your own personal journey into art and writing. Our intention is to create an opportunity for you to make meaning of your own stories of love and loss through creativity and group support. Please have your own journal and materials ready for the online group session or reach out to Pathways if you would like us to send you a journal to use.

Meets the first Tuesday of each month, 10:00 a.m. – 12:00 p.m. March 2, April 6, May 4

Support Group for Parents with Grieving Children**

This support group is for parents with school-aged children who have had a death in the family. With increased demands on parents adjusting to work at home and online school, we understand that grief adds another layer of complication to parenting. Please join other parents who are coping with similar issues in a supportive, therapeutic environment.

Meets the third Wednesday of the month, 7:00 p.m. – 8:00 p.m. Feb. 17, March 17, April 21, May 19

Caregiver Support 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.

Meets the second Tuesday of the month, 1:00 p.m. - 2:30 p.m. Feb. 9, March 9, April 13, May 11

Healing Hearts**

This group is offered to adults grieving or coping with serious illness who are noticing a need to create more self-care in their lives.

Meets the third Tuesday of the month, 10:00 a.m. - 12:00 p.m. Feb. 16, March 16, April 20, May 18

Men's Support Group**

This discussion group is for men who have experienced loss and will address the issues that men experience when grieving.

Meets the first Wednesday of the month, 6:30 p.m. - 8:00 p.m. Feb. 3, March 3, April 7, May 5

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.

Meets the second Wednesday of the month, 1:00 p.m. - 2:30 p.m. and 6:30 p.m. - 8:00 p.m.

Feb. 10, March 10, April 14, May 12

Living with Loss

This support group is for anyone coping with the loss of a loved one. Attendance at all four sessions and registration is required. Cost is \$30. There is no cost to Pathways hospice family members. Link for the group will be sent following registration. Call for details.

Meets 5:30 p.m. - 7:00 p.m., Feb. 4, 11, 18, 25; March 4, 11, 18, 25; April 1, 8, 15, 22; May 6, 13, 20, 27