

Support Groups and Events – Fall

Adult Virtual Support Groups

Links for the following groups will be sent following registration. Registration is required online at www.pathways-care.org. There is no cost to attend these groups.

The following groups will begin to meet in person with COVID precautions beginning in September 2021.

ART JOURNALING FOR HEALING

This group is for adults grieving 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. First Tuesday of the month, 10:00 a.m.-12:00p.m., Aug. 3, Sept. 7, Oct. 5, Nov. 2, Dec. 7

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.

Second Tuesday of the month, 1:00 p.m.-2:30 p.m., Aug. 10, Sept. 14, Oct. 12, Nov. 9, Dec. 14

HEALING HEARTS

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

Third Tuesday of the month, 10:00 a.m.-12:00 p.m., Aug. 17, Sept. 21, Oct. 19, Nov. 16, Dec. 21

Adult Support Groups

These groups are currently meeting in person with COVID precautions.

If COVID restrictions increase or we are unable to meet in person, we will contact participants prior.

MEN'S SUPPORT GROUP

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

First Wednesday of the month, 6:30 p.m.-8:00 p.m., Aug. 4, Sept. 1, Oct. 6, Nov. 3, Dec. 1

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.

Second Wednesday of the month, 1:00 p.m.-2:30 p.m. & 6:30 p.m.-8:00 p.m., Aug. 11, Sept. 8, Oct. 13, Nov. 10, Dec. 8

LIVING WITH LOSS

This support group is for anyone coping with the loss of a loved one. Attendance at all four session and registrations is required. Cost is \$30. There is no cost to Pathways hospice family members.

A new group begins each month, Thursdays, 5:30 p.m.-7:00 p.m.

Aug. 5, 12, 19, 26; Sept. 2, 9, 16, 23; Oct. 7, 14, 21, 28; Nov. 4, 11, 18, Dec. 2

Children & Teen Groups and Events

KIDS, HORSES AND HEALING

A therapeutic riding retreat for bereaved children and teens, this program is a collaboration between Pathways Hospice and the Hearts and Horses Therapeutic Riding Center in Loveland. Please call for more information.

Scholarships are available. Registration is required. Space is limited, please register early. \$80 per child.

Sunday, August 15th and Sunday October 10th, 10:00 a.m. - 4:00 p.m.

A DAY OF GRIEF SUPPORT FOR KIDS!

Fall date to be announced...please check website for details.

No charge, Registration is required. Space is limited, please register early.

Pathways Camp HOPE is both fun and supportive. Kids will connect with other grieving kids, share their stories and find support through music, art, movement and games. This has been a very difficult year, only adding to the grief you're going through. Camp HOPE's goal is to let kids express their feelings creatively, with lots of support. We'll provide resources and ideas for helping children cope with their grief and any upheaval in their lives. Our experienced team of grief counselors, art therapists, and music therapists will lead each activity.

