Adult Support Groups

Registration is required online at www.pathways-care.org. While there is no cost to attend these groups, we do suggest a donation of $10 per group.

Virtual 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 virtually the 1st & 3rd Tuesday of the month, 1:00 p.m. - 2:30 p.m.
(May 2, June 6, closed July 4th holiday) OR (May 16, June 20, July 18)
Note: This group is being co-sponsored by Pathways and Colorado Visiting Nurse Association (CVNA) registration is via the CVNA website www.vnacolorado.org

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 or life-partner.
Meets on the second Wednesday of the month, 1:00 p.m. - 2:30 p.m. (May 10, June 14, July 12)

Men’s Support Group
This discussion group is for men who have experienced loss and will address the issues that men experience while grieving.
Meets the first Wednesday of the month, 6:30 p.m. - 8:00 p.m. (May 3, June 7, July 5)

Yoga for Grief
Join us as we come together in community to explore our grief journey, support one another, move together and explore mindful ways to process through grief emotions. This is an all-levels practice that will incorporate breath work, yoga movement, and guided meditation.
In-Person meets the fourth Monday of the month, 4:30 p.m. - 6:00 p.m. (May 22, June 26, July 24)
*Virtual meets the second Monday of the month, 4:30 p.m. - 6:00 p.m. (May 8, June 12, July 10)
Note: This group is being co-sponsored by Pathways and Colorado Visiting Nurse Association (CVNA) registration is via the CVNA website www.vnacolorado.org

Support groups with a nominal fee

Living With Loss
This group is for anyone coping with the loss of a loved one.
Attendance at all four sessions is required. Cost is $60.
A new group begins each month. Meets the first four Thursdays of the month.
May 4, 11, 18, 25; 3:30 - 5:00 p.m.
June 1, 8, 15, 22; 5:30 - 7:00 p.m.
July 6, 13, 20, 27; 3:30 - 5:00 p.m.

Summer Memorial Service & Butterfly Release
Saturday, July 15 at 10 a.m.
Memorial service includes music, a message from our hospice staff, and releasing butterflies in honor of lost loved ones. Reception will follow. Butterflies can be purchased on our website for $20 each.
www.pathways-care.org/butterflymemorial/ (No butterfly purchase is necessary to attend the event.)

Kids, Horses & Healing
Sunday, June 11 & Sunday, October 8; 10 a.m. - 4 p.m. $80 per child
This group is therapeutic riding retreat for bereaved children and teens and is a collaboration between Pathways and the Hearts and Horses Therapeutic Riding Center in Loveland.
Please call for more information. Scholarships are available and registration is required.
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Pathways Campus
305 Carpenter Rd.
Fort Collins, CO 80525
Saturday, July 15
10 a.m.

Proceeds benefit the Pathways’ Grief & Loss program.
Purchase your butterflies by June 30th at www.pathways-care.org/butterflymemorial/

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Sunday, June 11 & Sunday, Oct. 8
10 a.m. - 4 p.m.
Cost is $80
Space is limited, please register early