

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.

On Our Own



Meets the second Wednesday of the month

This ongoing group offers an opportunity to find practical guidance and hope after experiencing the death of a spouse or life-partner.

Feb. 14, March 13, April 10, May 8; 1:00 p.m. - 2:30 p.m.

Support groups with a nominal fee

Living With Loss



Meets the first four Thursdays of the month

Cost: \$60

This support group is for anyone coping with the loss of a loved one. Attendance at all sessions is required. A new group begins every month.

Feb. 8, 15, 22, 29; 3:30 - 5:30 - 7:30 p.m.

April 4, 11, 18, 25; 3:30 - 5:30 - 7:30 p.m.

March 7, 14, 21, 28; 3:30 - 5:00 p.m.

May 2, 9, 16, 23; 3:30 - 5:00 p.m.

Special Events

Saturday, Feb. 24th

Mindful Moments

10:00 a.m. - 2:00 p.m.

Cost: \$25 per person

Join us for a compassionate and transformative group event where we explore the profound connection between mindfulness and the journey through grief. This event is designed to create a supportive space for individuals who are navigating the complex emotions of loss and seeking solace through mindfulness practices. Whether you're navigating fresh grief or seeking ongoing support, please RSVP to secure your spot and join us in this collective journey toward mindfulness, healing, and hope.

Saturday, March 20th, 27th,
April 3rd, 10th

Spring Explorations

5:30 p.m. - 7:00 p.m.

\$20 per workshop/open studio

Art making in the presence of others offers an opportunity to connect and explore loss within a community of fellow grievers. In each of these 4 art-based workshops for adults, participants will be invited to use a variety of art materials to express their unique experiences of grief and loss. Attendance of all 4 workshops and the exhibit opening is highly encouraged but not required.

Sunday, April 28th

Mother's Day Remembrance Tea

1:00 p.m. - 3:00 p.m.

Gather your photos and take time to pour a cup of tea and discuss your memories as you honor that special someone.

Tea and light refreshments will be served.

Please bring a favorite photo of your mother and special tea cup.

**Pathways for
Grief & Loss**



Registration is required for all groups. Please visit www.pathways-care.org



Pathways for Grief & Loss

Dear Pathways Bereaved Family Member,

I hope this letter finds you surrounded by the support and love you need during this challenging time. Grief is a unique and personal journey, and it's essential to acknowledge and honor the various ways individuals express and navigate their emotions. One avenue that has proven to be therapeutic for many is the use of art and creativity as a means of processing and communicating the complexities of grief. Art and creativity provide a powerful outlet for expressing the inexpressible, allowing emotions to flow freely and find a voice when words may fall short.

Here are a few ways that art and creativity can become a healing force in your journey of grief:

- **Journaling and Writing:** Consider putting pen to paper to capture your thoughts, memories, and emotions. Writing can be a therapeutic way to process grief, offering a private space for reflection and expression.
- **Visual Arts:** Whether it's drawing, painting, or sculpting, engaging in visual arts allows you to externalize your emotions and create tangible representations of your feelings. It can be a meditative and cathartic experience.
- **Photography:** Capturing moments through photography can be a poignant way to document memories and create a visual narrative of your loved one's life. Organize these photos into albums or collages to celebrate their legacy.
- **Music and Songwriting:** Music has the power to evoke deep emotions. Listening to meaningful songs or even composing your own music can be a beautiful way to connect with your feelings and find solace.

The purpose of these creative expressions is not to erase the pain of loss but to provide an outlet for the emotions that accompany it. It's okay if the process feels challenging or if the results are imperfect – the act of creation itself can be profoundly healing.

If you're unsure where to start, consider joining us for some of our art therapy focused events or seeking guidance from our grief counselor who specializes in creative expression. If creative expression and art is not something that would align with you, consider reviewing our traditional counseling options as well as our support groups to find an option that supports you through your journey.

In the midst of sorrow, may you find moments of solace and connection through the healing power of creativity. Your loved one's legacy lives on in the memories you hold.

With heartfelt condolences and support,

Pathways Bereavement Team

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