

## Adult Support Groups

Registration is required online at [www.pathways-care.org](http://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.

**June 12, July 10, August 14, Sept. 11 (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.

**May 2, 9, 16, 23 (3:30 - 5:30 p.m.)**

**July 11, 18, 25 (3:30 - 5:30 p.m.)**

**June 6, 13, 20, 27 (5:30 - 7:00 p.m.)**

**August 1, 8, 15, 22 (5:30 - 7:00 p.m.)**

## Special Events

Friday, June 14<sup>th</sup>

### Father's Day Remembrance Dinner

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

The Father's Day Remembrance Dinner is set against a backdrop of gratitude and fond memories, it provides an opportunity for attendees to honor and celebrate the fathers who have left an indelible mark on our lives.

Please bring a picture or item to share the stories, memories, and lessons we have shared.

Saturday, July 13<sup>th</sup>

### Summer Memorial & Butterfly Release

10 a.m. & 2 p.m.

\$20 per butterfly/per person

Join us at Pathways' annual Summer Memorial and Butterfly Release and release a butterfly in their memory.

During the event, the names of loved ones being honored and remembered will be read just before the release of the butterflies. Following the service, there will be light refreshments and an opportunity for support and sharing.

**Pathways for  
Grief & Loss**





# Pathways for Grief & Loss<sup>®</sup>

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 practice that can support navigating these emotions is mindfulness.

Mindfulness is the art of being present, of embracing each moment with awareness and acceptance. It invites us to acknowledge our thoughts, feelings, and sensations without judgment, allowing us to navigate the tumultuous waters of grief with a sense of calm and compassion.

In the wake of loss, the mind can become a whirlwind of emotions—anger, sadness, confusion, and even moments of fleeting peace. Through mindfulness, we can gently observe these waves of emotion as they rise and fall, recognizing that they are a natural part of the grieving process.

At its core, mindfulness teaches us to cultivate self-compassion and kindness toward ourselves as we navigate the difficult terrain of grief. It encourages us to nurture ourselves with patience and understanding, recognizing that healing takes time and unfolds at its own pace.

In practicing mindfulness, we may find refuge in the simple act of breathing, grounding ourselves in the present moment amidst the storm of emotions. We may discover moments of peace and clarity, however fleeting, that offer a respite from the pain of loss.

Moreover, mindfulness can serve as a bridge connecting us to the memories of our loved ones. By honoring each moment with presence and awareness, we can cherish the precious memories we hold dear, finding comfort in the enduring legacy of love they leave behind.

As you navigate the journey of grief, may you find solace in the practice of mindfulness, drawing strength from the depths of your own resilience and the enduring love of those who surround you

With deepest sympathy and compassion,  
Pathways Bereavement Team

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