



Grief Support Groups & Classes Summer / Fall 2018 Schedule

CLASSES AND GROUPS ARE FREE

Space is Limited – Call for Reservation

Understanding Grief: An Introduction – Class

Saturday, June 16, 2018 – 10 AM to 12 Noon

Thursday, July 26, 2018 – 12 Noon to 2:00 PM or 6:00 to 8:00 PM

*This class is offered monthly. Please call for future dates and times.

Please Call Cheryl at (509) 572-0593 or Wanda at (509) 783-6243 to register

This on-time, two-hour session is open to grieving adults. It covers common grief reactions, uniqueness of each person's grief, as well as healthy coping strategies. Includes a 30-minute DVD.

Coming to Terms with Loss Group

Tuesdays, September 11 – November 13, 2018 – 5:30 to 7:00 PM

Please Call Cheryl at (509) 572-0593 or Wanda at (509) 783-6243 to register

This 10-week group is open to adults experiencing grief due to the death of a loved one. It is educational as well as supportive. Books available to borrow. May be purchased: \$27

Widowed Support Group

Tuesdays, September 11 – November 13 – 12 Noon to 1:30 PM OR

Wednesdays, September 12 – November 14 – 12 Noon to 1:30 PM OR

Wednesdays, September 12 – November 14 – 6:00 PM to 7:30 PM

Next 10-week session starts in January 2019.

Please Call Cheryl at (509) 572-0593 or Wanda at (509) 783-6243 to register

This 10-week group welcomes widow, widowers, and partners who are experiencing grief due to the death of their loved one. Books available to borrow. May be purchased: \$27

Working Through Grief: A Young Adult Support Group

Summer Schedule: Drop-in Group 1st and 3rd Thursdays of the month, June 21st -- September 6th - 5:30 to 7:00 PM

Fall Schedule: 10-week group is offered Thursdays, September 13 – November 15, 2018 – 5:30 to 7:00 PM

Please Call Emily at (509) 783-7416 to register

This group welcomes young adults ages 18-25 who are experiencing grief due to the death of a loved one.

Books available to borrow. May be purchased: \$27

Cork's Place Support Groups for Grieving Children, Teens and their Families

Sessions are specifically for children and adolescents ages 3 to 17 years. Ongoing groups meet regularly following the school year calendar. A separate support group for parents and guardians meets at the same time the children or teens are in their session.

Peer groups start again in September. Call Casey B. at (509) 783-7418 or (206) 280-6180 or Heather B. (509) 378-4898 for information.



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Helping Children Grieve Class

This class is open to adults who are looking for ways to support children and adolescents who have experienced a

significant death. The 4-hour class is divided into two 2-hour sessions, held one week apart.

Participants will view a

DVD, engage in discussion, and receive written resources.

Space is limited, please contact Casey Branson at (509) 783-7418 or email corks@chaplaincyhealthcare.org to register.

Esperanza a Través del Dolor (Hope through Healing)

This one-time, two and half hour class is taught *in Spanish*. It is open to grieving adults. Includes group discussion on

common grief reactions and healthy copings methods, as well as a short 20-minute DVD on the uniqueness of grief.

The next class will be held on Tuesday, July 24th.

Please call Alberto Tass (509-460-5807) or Isabel Islas (509-783-7416 ext. 3006) for time, location and to register.

Grieving Parent's Support Group

2nd and 4th Wednesday of every month

6:00 to 7:30 PM

Spaulding Facility: 1480 Fowler St. Richland

Please call Craig at (509) 572-8349 for more information or to register

This group is available to adults experiencing grief due to the death of a child of any age.

First Year and Beyond: Drop-In Support Group

1st Thursday - 12 Noon to 1:30 PM

3rd Monday - 6:00 to 7:30 PM

Please call Cheryl at (509) 572-0593 or Wanda at (509) 783-6243 for location

This drop-in format provides support to those who have experienced the death of a spouse or partner without the commitment of a 10-week group. Come share a cup of coffee, tea, and refreshments while remembering your loved one and learning about grief. Feel free to invite a grieving friend or family member who has also experienced the death of a spouse or partner.



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Chaplaincy Survivors of Suicide Support Group

1st and 3rd Wednesdays of every month

6:00 to 7:30 PM

Entiat Facility: 2108 W. Entiat Ave., Kennewick

Please call Cheryl at (509) 572-0539 or Wanda at (509) 783-6243 to register

The loss of a loved one by suicide can be especially traumatic and affects individuals differently. Some choose to attend a group soon after the loss, while others may wait years. Wherever you are in the healing process, we invite you to come and join others who are on the same journey. Books available to borrow. May be purchased: \$27

Soul Injury: Liberating Unmourned Loss and Unforgiven Guilt Class CE credits available

This class is open to any adult for any kind of a loss.

Location: Spaulding Facility at 1480 Fowler St., Richland

Please call Wanda at (509) 783-6243 for more information or date of next viewing.