



# Grief Support Groups & Classes

## Fall 2018 Schedule

### Classes

Classes are free and offered regularly.

Space is limited, please call for reservation or future dates.

#### Understanding Grief: An Introduction

Wednesday, August 22nd, 2018 – 12PM to 2PM or 6PM to 8PM

Saturday, September 22nd, 2018 – 10AM to 12PM

Wednesday, October 24th, 2018 – 12PM to 2PM or 6PM to 8PM

Wednesday, December 12th, 2018 – 12PM to 2PM or 6PM to 8PM

**Call Cheryl at (509) 572-0593 to register.**

This one-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.

#### Helping Children Grieve Class

**Call Casey Branson at (509) 783-7418 or email [corks@chaplaincyhealthcare.org](mailto:corks@chaplaincyhealthcare.org) to register.**

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.

#### Soul Injury: Liberating Unmourned Loss and Unforgiven Guilt

Thursday, Aug. 23, 2018 3PM to 5:10PM

**Call 783-7416 to register.** This program is open to any adult for any kind of a loss. CE credits available.

#### Esparanza a Través del Dolor (Hope through Healing)

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

#### Hope for the Holidays

Thursday, Nov. 1st from 6PM to 8PM

Saturday, Nov. 3rd from 10AM to 12PM

Saturday, Dec. 1st from 12PM to 2PM

**Call Wanda at 783-6243 for more information or to register.**

This class is available to help grieving people deal with the stress, loneliness, and confusion of the holiday season.

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**Groups are free. Books may be purchased (\$27) or borrowed.  
Space is limited, please call for reservation.**

### Drop-in Groups

Drop-in Groups do not require a weekly commitment and may have new participants each week.

#### Grieving Parent's Support Group

2nd and 4th Wed. of every month 6PM to 7:30PM  
**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 - 12PM to 1:30PM  
3rd Monday - 6PM to 7:30PM  
**Call Cheryl at (509) 572-0593 for more information or to register.**

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.

#### Chaplaincy Survivors of Suicide Support Group

1st and 3rd Wed. of every month 6PM to 7:30PM  
**Call Cheryl at (509) 572-0593 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.

#### Gone Too Soon: Pregnancy & Infant Loss Group

2nd Thursday of each month 6:30PM to 8:00PM beginning September 13, 2018  
**Call Aggie (509) 430-4204 to register.**  
This group is available to adults who have experienced the loss of a baby before or after birth.

### 10-Week Groups

10-Week groups require attendance at weekly sessions. These groups maintain the same members throughout the session.

#### Coming to Terms with Loss Group

Tuesdays from 5:30PM to 7:00PM  
Sept.11 to Nov. 13, 2018

**Call Cheryl at (509) 572-0593 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.

#### Widowed Support Group

*(3 options to choose from)*

Tuesdays, Sept.11 to Nov. 13–12PM to 1:30 PM  
Wednesdays, Sept. 12 to Nov. 14 – 12PM to 1:30 PM  
Wednesdays, Sept. 12 to Nov. 14 - 6PM to 7:30PM

**Call Cheryl at (509) 572-0593 to register.**

This 10-week group welcomes widows, widowers, and partners who are experiencing grief due to the death of their loved one.

#### Working Through Grief: A Young Adult Group

Thursdays, 5:30PM to 7PM  
Sept. 13 to Nov.15, 2018

**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.

#### Healing Through Journaling: A 4-Week Group

Mondays from Sept. 17th - Oct. 8th 2PM to 3:30PM  
**Call Cheryl at (509) 572-0593 to register.**  
This 4-week support group is offered for those who would like to explore the use of writing to express their grief journey. We will use a variety of prompts, techniques, and guided exercises throughout the sessions.

### Children's Grief Program

**Cork's Place Support Groups for Grieving Children, Teens and their Families**  
**Call Casey Branson at (509) 783-7418 or email [corks@chaplaincyhealthcare.org](mailto:corks@chaplaincyhealthcare.org) to register.**  
Peer groups start again in September.

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