



# Grief Support Groups & Classes Winter 2019 Schedule

Groups are free however, space is limited. Please call for a 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 Wednesday of every month  
6:00 to 7:30 PM

Call Craig at (509) 572-8349 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 of the Month - 12 to 1:30 PM  
3rd Monday of the Month - 6:00 to 7:30 PM

Call Cheryl at (509) 572-0593 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. Feel free to invite a grieving friend or family member who has also experienced the death of a spouse or partner.

### Chaplaincy Survivors of Suicide Support Group

1st and 3rd Wednesdays of every month  
6:00 to 7:30 PM

Call Cheryl at (509) 572-0539 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 8PM

Call Aggie at (509) 430-4204 to register

This group is available to adults who have experienced the loss of a baby before or after birth.

### Healing Through Journaling

January 7, 14, 21, 28th from 1PM to 2:30PM

Call Cheryl at (509) 572-0593 to register

This 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.

### Esperanza A Través Del Dolor : Adult Drop-In Support Group

6:30 to 8:30 PM

February 26<sup>th</sup>, March 26<sup>th</sup>, April 23<sup>rd</sup>, June 4<sup>th</sup>, July 30<sup>th</sup>, August 20<sup>th</sup>

This group welcomes Spanish speaking adults who have experienced a death of a loved one. The group will be conducted entirely in Spanish. Feel free to invite a grieving friend or family member who has also experienced a death of a loved one.

Call Alberto Tass (509-460-5807) or Isabel Islas (509-783-7416 ext. 3006) to register.

## 10-Week Groups

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

### Coming to Terms with Loss Group

Tuesdays, Jan. 8th - Mar. 11 5:30 to 7:00 PM

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

Tuesdays, Jan. 8th - Mar. 12th from 12 to 1:30 PM OR

Wednesdays, Jan. 9th - Mar. 13th from 12 to 1:30 PM OR

Wednesdays, Jan. 9th - Mar. 13th from 6 to 7:30PM

Call Cheryl at (509) 572-0593 to register

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

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

Thursdays Jan. 10th - Mar. 14th from 5:30 - 7PM

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.

## Children's Grief Program

### 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 (509) 378-4898 for information.



# Grief Support Groups & Classes Winter 2019 Schedule

## Classes

Classes are free and offered regularly.  
Space is limited, please call for reservation or future dates.

### Understanding Grief: An Introduction

Wednesday, December 12, 2018 - 12 to 2:00 PM or 6:00 to 8:00 PM

Saturday, January 12, 2019 - 10 AM to 12PM

Thursday, February 21 - 12 to 2:00 PM or 6:00 to 8:00 PM

Thursday, March 21 - 12 PM to 2:00 PM or 6:00 to 8:00 PM

Saturday, April 13, 2019 - 10 AM to 12PM

Thursday, May 16 - 12PM to 2:00 PM or 6:00 to 8:00 PM

Wednesday, June 12 - 12 Noon to 2:00 PM or 6:00 to 8:00 PM

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

### Helping Children Grieve

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](mailto:corks@chaplaincyhealthcare.org) to register.**

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

Tuesdays, January 22<sup>nd</sup> & 29<sup>th</sup> - 6:30 to 8:30 PM

Tuesdays, May 7<sup>th</sup> & 14<sup>th</sup> - 6:30 to 8:30 PM

Tuesdays, September 17<sup>th</sup> & 24<sup>th</sup> - 6:30 to 8:30 PM

The death of a loved one leads to experiencing emotions that can be traumatic, affecting individuals differently. Therefore, we invite you to join us at this free two-part workshop to learn how to find hope through the pain.

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

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

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

Location: Spaulding Facility at 1480 Fowler St., Richland

National lecturer and author Deborah Grassman cared for more than 10,000 dying veterans over a 30-year career. Now she shares what those veterans taught her about the burden of Soul Injury, and emotional wound caused by unmourned loss and unforgiven guilt/ shame.

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

*"Anything that's human is mentionable, and anything that is mentionable can be more manageable. When we can talk about our feelings, they become less overwhelming, less upsetting, and less scary. The people we trust with that important talk can help us know that we are not alone."*

— Fred Rogers