

Drop-in Support Groups

Groups are offered free of charge. However, space is limited. Please call for a reservation. Drop-in Groups do not require a weekly commitment and may have new participants each week.

Coming to Terms with Loss

*2nd and 4th Monday of every month,
6:00 - 7:30 pm*

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

This group is open to adults experiencing grief due to the death of a loved one.

The Grief and Trauma of Addiction

Tuesdays, Oct. - Dec., 7:00-8:30 pm

Call (509) 783-7417 for more info or to register.

Open to persons in recovery from drug addiction and their family members. It is educational as well as supportive.

Chaplaincy Survivors of Suicide

1st and 3rd Wednesdays of every month, 6:00 - 7:30 pm

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.

“Esperanza A Través Del Dolor”

Drop-In Support Group

*October 15, 29, November 12, December 10,
6:00 - 7:30 pm*

*To register, contact Melanie at (509) 491-1637
melanielg@chaplaincyhealthcare.org*

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.

Grieving Parents

2nd & 4th Wednesday each month, 6 - 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.

Healing Through Journaling

September 9, 16, and 30, 1:00 - 2:30 pm

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.

First Year and Beyond

1st Thursday of the Month, 12:00 - 1:30 pm

3rd Monday of the Month, 6:00 - 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.

Gone Too Soon Pregnancy and Infant Loss

2nd Thursday of every month, 6:30 - 8:00 pm

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.

10-Week Widowed Support Groups

*Tuesdays, September 10 - November 12,
12:00 - 1:30 pm OR*

*Wednesdays, September 11 - November 13,
12:00 - 1:30 PM OR 6:00 - 7:30 pm*

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.

Attendance is required at weekly sessions as they maintain the same members throughout the 10 weeks.

Classes

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

Understanding Grief: An Introduction

Thursday, September 19, 12:00 to 2:00 pm OR
6:00 to 8:00 pm

Thursday, October 17, 12:00 to 2:00 pm OR
6:00 – 8:00 pm

Call Cheryl at (509) 572-0593 to register.
This one-time, 2-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.

The Color of Grief: Healing Through Watercolor

Sunday, November 3, 1:00 to 4:00 pm

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

This class is designed to engage those who would like to explore the use of visual art to express their grief journey. There will be a guided process through the art activity and no previous art experience is required.

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 at (509) 783-7418
or (509) 378-4898 for more information.

Esperanza a Través del Dolor (Hope Through Healing) *In Spanish*

Session 1 – September 17, 6:00 - 8:00 pm

Session 2 – October 1, 6:00 – 8:00 pm

To register, contact Melanie at (509) 491-1637
melanielg@chaplaincyhealthcare.org.

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.

Helping Children Grieve

Session 1 – October 16, 5:00 – 7:00 pm

Session 2 – October 23, 5:00 – 7:00 pm

Space is limited. Call Casey at (509) 783-7418
or email at 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.

Hope for the Holidays

Saturday, November 9, 12:00-2:00 PM

Saturday, December 7, 12:00-2:00 PM

Call Wanda at (509) 783-6243 to register.

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

“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