

Groups are offered free of charge.  
Please call for future start dates and to register.

## **COVID Impacted Grief Support**

*Weekly, Every Saturday 9:00 - 10:30 am*

A weekly support group for those impacted by the COVID-19 virus; to include those presently or previously COVID positive, as well as family and/or friends present or previously separated from loved ones with the COVID virus.

## **First Responders Grief Support**

*1<sup>st</sup> & 3<sup>rd</sup> Tuesday of every month,  
5:00 - 6:00 pm*

A bi-monthly, drop-in support group for Firemen, Policemen, EMS, Healthcare providers (Nurses, Aides, Social Workers, etc.) providing the opportunity to connect with like-minded individuals called to help make a difference.

## **Understanding Grief**

*3<sup>rd</sup> Tuesday every month, 12:00 - 2:00 pm*

A 2-hour grief education and awareness format open to grieving adults; covering common grief reactions and responses unique to each person's grief; as well as healthy coping strategies.

## **Survivors of Suicide**

*2<sup>nd</sup> & 4<sup>th</sup> Tuesday of every month,  
3:00 - 4:30 pm*

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**

*3<sup>rd</sup> Thursday of every month, 6:00 - 7:00 pm*  
*To register, call Bertha at (509) 460-5807 or email [BerthaG@chaplaincyhealthcare.org](mailto:BerthaG@chaplaincyhealthcare.org)*

This group welcomes Spanish speaking adults who have experienced a death of a loved one.

### **Coming to Terms with Loss**

*1<sup>st</sup> & 3<sup>rd</sup> Tuesday of every month,  
12:00 - 1:30 pm OR 4:30 - 6:00 pm*

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

### **Gone Too Soon:**

#### **Pregnancy and Infant Loss**

*2<sup>nd</sup> 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.

### **Widowed Support Group**

*Weekly, Wednesday,  
12:00 - 1:30 pm OR 4:30 - 6:00 pm*

An 8-week, in-depth journey in the grief process welcoming widows, widowers, and partners who are experiencing grief due to the death of their loved one.

### **Grieving Parents**

*2<sup>nd</sup> Wednesday of every month,  
5:00 - 6:00 pm*

*To register, call Craig at (509) 572-8349 or email [CraigT@chaplaincyhealthcare.org](mailto:CraigT@chaplaincyhealthcare.org)*

A support group for adults experiencing grief due to the death of a child of any age.

**If you are interested in obtaining more information or wish to register for any of these groups, please contact bereavement counselor Idil for details.**

(509) 572-5084 or email [idila@chaplaincyhealthcare.org](mailto:idila@chaplaincyhealthcare.org)