

### **Bereavement Education & Support Group I**

- For persons grieving any death loss.
- Closed group, repeats in eight week sessions.
- Pre-registration required. No charge to attend.
- Every Tuesday 10:00 to 11:30 AM
- Meets at Dignity Health Hospice, 1544 Market Street, Redding.
- Call Ray Hemenway, Facilitator, Dignity Health Hospice at 245-4070 to register.

### **Red Bluff Grief Support Group**

- For persons grieving any death loss.
- Open group, runs continuously. Drop-ins welcome,
- No pre-registration required. No charge to attend.
- Every Thursday, 3:00-4:30 PM
- Meets at Coyne Center, St. Elizabeth Community Hospital, Red Bluff
- For information, call Kristin Hoskins, Dignity Health Hospice, 528-4207

### **Spousal Loss Grief Support Group**

- For persons grieving the loss of a spouse.
- Pre-registration required. No charge to attend.
- Every Tuesday (except 5<sup>th</sup> Tuesday of month), 2:30-4:00 PM
- Meets at Dignity Health Hospice, 1544 Market Street, Redding
- Shelley Daniels, Facilitator
- For information or to register, call Kristin Hoskins, Dignity Health Hospice, 245-4070.

### **General Grief Support Group Starting May 4, 2016**

- For persons grieving any death loss.
- Open group, runs continuously. Drop-ins welcome,
- No pre-registration required. No charge to attend.
- Every Wednesday, 2:30-4:00PM
- Meets at Dignity Health Hospice, 1544 Market Street, Redding
- Ryan Hofacre, Facilitator
- For information call Kristin Hoskins, Dignity Health Hospice, 245-4070.

### **Evening Grief Support Group Starting June 8, 2016**

- For persons grieving any death loss.
- Open group, runs continuously. Drop-ins welcome,
- Pre-registration suggested but not required. No charge to attend.
- Every 2<sup>nd</sup> and 4<sup>th</sup> Wednesday, 7:00-8:30PM
- Meets at Mercy Medical Center,
- Christina Cicero, Facilitator
- For information/location call Kristin Hoskins, Dignity Health Hospice, 245-4070.

*Updated April 22, 2016*