



Grief Support Overview

If you or someone you know would like grief support due to the death of a loved one, **Pathways Home Health & Hospice offers free individual counseling and group support.**

Most grief support groups are held the 2nd week of September through early June. Groups generally run for six weeks, break, and then resume with new and continuing participants. The Los Gatos Ongoing group runs year round and meets twice a month. All bereavement support is available to anyone in the community and there is no charge for any of our services, thanks to generous contributions to Pathways Home Health and Hospice. Donations are always welcome.

Groups

Six week internet groups start week of January 4, 2021. Please call Vivian at 408-773-4241 to register.

Partner Loss

Monday 10:00 – 11:30 a.m.

Partner Loss

Monday 6:00 – 7:30 p.m.

Adult Child Loss

Tuesday 5:30 – 7:00 p.m.

General Loss

Friday 6:00 – 7:30 p.m.

Younger Children

Wednesday 3:00– 4:30 p.m.

Older Children Loss

TBD

Moving Forward

2nd – 3rd year Partner Loss - Sunnyvale
Monthly– Sept. 2021 – May 2022

Ongoing General Grief Support

for losses beyond the first year anniversary.
2nd & 4th Thursday 2:00- 4:00 p.m.

Memorial Services

Celebration of Light

Sun. Dec. 13, 2020 - Skylawn Memorial Park,
San Mateo via Zoom

Afternoon of Remembrance

Sun. May 2021 TBD - Skylawn Memorial Park,
San Mateo

Workshops

Pathways Through the Holidays – Literature available upon request.

Contact Information

Peninsula and South Bay including Sunnyvale:

For group, workshop or memorial service information please call Vivian Shults at 408-773-4241.
For individual support contact Tom May at 408-773-4329.

East Bay and San Francisco including Redwood City:

For group or individual support call 510-613-2092 or 650-808-4603.

Our Bereavement Support Services

Pathways through Grief

Grieving is a difficult task and we are here to assist individuals through their process as they begin to heal and learn to live with their loss. Pathways recognize each person's need to work through their grief in various ways and offers the following types of support services:

QUARTERLY NEWSLETTER "SEASONS THROUGH GRIEF"

Our quarterly newsletter, offers helpful information on the grieving process and ways for survivors to cope through the seasons.

FOUR PAMPHLETS "PATHWAYS THROUGH YOUR GRIEF"

We have developed a series of 4 pamphlets that are designed to offer supportive information to help guide the griever through the 1st year after their loss.

ADDITIONAL GRIEF MATERIAL AVAILABLE

In our office we have the following materials available: Bereavement Guides and booklets, children and families support materials and our bereavement library with books, CDs and magazines.

SUPPORT GROUPS AND INDIVIDUAL COUNSELING

From September through June, Pathways provides support groups for the loss of a parent, a partner, or an adult child, and ongoing grief groups for any type of loss. HeARTful Arts grief support groups for children ages 5 to 18 are offered periodically. Groups examine common issues such as coping skills, loneliness, anger, "normal" grief, and lifestyle losses. We offer our groups and one-on-one professional grief counseling remotely via Zoom or phone from our locations in Sunnyvale, S. San Francisco and Oakland.

WORKSHOPS AND MEMORIAL SERVICES

Pathways Through the Holidays - As winter holidays approach, grieving families sometimes struggle; the world celebrates and they grieve. We offer a place to come for exchanging ideas on how to cope, to receive support, and to honor and remember loved ones.

Celebration of Light - This memorial service brings light and warmth to the winter season in early December by remembering loved ones with music, readings and a candle-lighting ritual. This offering will be via Zoom with more details to follow.

Afternoon of Remembrance - Memorial Day, graduations, and Mother's and Father's Days often remind us of the absence of loved ones. In May, Pathways holds a memorial service to foster renewal and growth using music, readings, and a flower bouquet building ritual.

For additional information on the services we provide see: www.pathwayshealth.org

Pathways grief support services are free of charge, but not free of cost. Donations are appreciated and may be made to the Pathways Home Health and Hospice to ensure Pathways' continued grief support to the communities we serve. Please indicate that your gift is in honor of our bereavement services. Thank you!