



## Grief Support Overview

If you or someone you know would like grief support due to the death of a loved one, please contact us, **Pathways Home Health & Hospice offers Individual 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. Bereavement support is offered at no cost, thanks to generous contributions to the Pathways Foundation. Donations designated for bereavement services are always welcome.

### Groups

**Six week groups start the week of January 3<sup>rd</sup>, 2022**      **Days and Times subject to change**  
**Please call Linda Woodsmall at (408)773-4319 to register.**

#### **Partner Loss**

Monday 6:00 – 7:30 p.m.

#### **Partner Loss**

Thursday 6:00 – 7:30 p.m.

#### **General Loss**

Tuesday 6:00 – 7:30 p.m.

#### **Adult Child Loss**

Tuesday 5:30 – 7:00 p.m.

#### **Parent Loss**

Wednesday 6:00 – 7:30 p.m.

#### **Younger Children**

A Group for Ages 8 - 10

A Group for Ages 11 – 13

Day & Time TBD

#### **Moving Forward – 10 am**

2<sup>nd</sup> – 3<sup>rd</sup> year Partner Loss

#### **2<sup>nd</sup> & 4<sup>th</sup> Saturday**

Sept. 2021 – May 2022 {closed}

#### **Los Gatos Ongoing General Support**

Losses beyond the First Year

2<sup>nd</sup> & 4<sup>th</sup> Thursday 2:00- 4:00 pm.

### Memorial Services

#### ***Celebration of Light***

**Sun. Dec. 11, 2022 -**

**Skylawn Memorial Park San Mateo**

#### ***Afternoon of Remembrance***

**Sun. May 2022- Date and Location TBD**

### **Contact Information All Services Provided In-Person, Via Zoom or Phone**

**For individual support or memorial service information please contact Tom May at 408-773-4329**

**For groups or workshops please call Linda Woodsmall at 408-773-4319**

For additional information on the services we provide see: [www.pathwayshealth.org](http://www.pathwayshealth.org)

**Serving the Peninsula, Sunnyvale and South Bay, East Bay, San Francisco and Redwood City, including six counties: Alameda, San Francisco, San Mateo, Santa Clara and Western Contra Costa Counties in the Northern Bay Area**

# 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:

### **ONLINE QUARTERLY NEWSLETTER "SEASONS THROUGH GRIEF"**

Our Online 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 1<sup>st</sup> 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 as well as ongoing grief groups for any type of loss. HeARTful Arts and 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 limited in-person one-on-one professional grief counseling as well as our groups remotely via Zoom or by phone from our locations in Sunnyvale, South San Francisco and Oakland.

### **MEMORIAL SERVICES AND WORKSHOPS**

**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.

**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.

**For additional information on the services we provide see:**

[www.pathwayshealth.org](http://www.pathwayshealth.org)

Pathways grief support services are at no cost. Donations are appreciated and may be made to the Pathways Foundation to ensure Pathways' continued grief support to the communities we serve. Please indicate that your gift is in memory of someone or in honor of our bereavement services.

Thank you!