

COUNSELING
MEMORIALS
SUPPORT
WORKSHOPS



PATHWAYS
HOME HEALTH HOSPICE PALLIATIVE CARE

Grief is just love with no place to go

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

Grief support groups begin the 2nd week of September and continue until June with some groups continuing in the summer weeks. Groups generally run for six weeks, take a break, and then resume with new and continuing participants. Bereavement support is offered at no cost, thanks to generous contributions to the Pathways Foundation. Donations designated for bereavement services are always encouraged and welcomed.

Currently, All Groups are only available on Zoom

**Six week groups start the week of January 2, 2023 Days and Times subject to change
Please call Linda Woodsmall at (408)773-4319 to register.**

1st Year Partner Loss

Monday 6:15– 7:45 p.m.

1st Year Partner Loss

Thursday 6:00– 7:30 p.m.

Recent General Loss

Monday 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.

2nd Year Partner Loss

Beginning **2/28/23**

Monday 7 – 8:30 pm

Memorial Services

Celebration of Light

In-Person & Zoom

Sun. Dec. 10, 2023 – 2 – 3 pm

Afternoon of Remembrance

In-Person & Zoom

Sun. May 21, 2023 2 – 3 pm

Skylawn Memorial Park, San Mateo

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For individual support or memorial service information

Please contact Tom May 408-773-4329

For groups please call Linda Woodsmall 408-773-4319

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

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 recognizes each person has the need to work through their grief in various ways and we offer the following types of support services:

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 into the summer, Pathways provides support groups for the loss of a parent, a partner, or an adult child as well as general grief groups for any type of loss. Periodically we offer HeARTful Arts and grief support groups for children ages 5 to 18. Groups examine common issues such as coping skills, loneliness, anger, “normal” grief, and lifestyle changes. Most of our professional grief counseling is offered via Zoom with limited in-person one-on-one.

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 in-person and 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. This offering will be in-person and via Zoom with more details to follow.

Pathways Through the Holidays - As winter holidays approach, grieving families sometimes struggle; the world celebrates and they grieve. We offer a time for exchanging ideas on how to cope, receive support, honor and remember loved ones. This offering will be in-person or via Zoom with more details to follow.

For additional information on the services that we provide:

www.pathwayshealth.org

Pathways grief support services are at no cost. Donations are encouraged and appreciated 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!