

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 Is Providing Support via In-Person Counseling and Zoom Video
The Pathways Foundation underwrites Pathways bereavement services for up to 13
months following a death. Donations designated for bereavement services are
always encouraged and welcomed.

Grief support groups begin the 2nd week of September and continue until
June with some groups continuing in the summer weeks.

Email for More Information

bereavement@pathwayshealth.org

NEW Saturday morning In-Person spouse loss group
Beginning in November call Linda 408-773-4319

Groups Below are only available on Zoom

Days and Times subject to change

1st Year Partner Loss

Monday 6 to 7:30

2nd Year Partner Loss

Thursday 6 to 7:30

Parent Loss

Wednesday 6 to 7:30

3rd Year Partner Loss

Tuesday 6:30 to 7:30

Every other week

Adult Child Loss

Tuesday 6 to 7:30

Memorial Services

Celebration of Light

In-Person Sunday December 8, 2024 - 2 – 3:30 pm
Skylawn Memorial Park, San Mateo

For individual support or memorial services 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. 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 offices, 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, all via Zoom. Groups examine common issues such as coping skills, loneliness, anger, “normal” grief, and lifestyle changes. Our professional individual grief counseling is offered in-person and via Zoom. Periodically we offer HeARTful Arts and grief support groups for children ages 5 to 18.

MEMORIAL SERVICES AND WORKSHOPS

Celebration of Light - This memorial service brings light and warmth to the winter season on the 2nd Sunday in December by remembering loved ones with music, readings and a candle-lighting ritual. This offering will be in-person 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 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 information on how to cope, receive support, honor and remember loved ones. This printed material is available by request bereavement@pathwayshealth.org

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