Pathways of Hope Bereavement Services

Individualized Grief Counseling is available to the community as well as those who have lost a loved one at Hospice of Dayton. There is no cost for counseling, Hospice of Dayton.

Please call (937) 258-4991 for more information

We ask you to talk with one of the group leaders either in person or on the phone to answer your question(s) and make certain that the group will meet your needs . Please call to make an appointment (937) 258-4991

REGISTRATION IS REQUIRED

FOR ALL GROUPS -

LIMIT 12

The death of a loved one brings about major life changes in almost every area. Familiar and comfortable routines are disrupted. Reminders of loss often seem to permeate every aspect of daily life.

Support Groups are open to anyone in our community who is coping with a loss.

Prior involvement with Hospice of Dayton is not required.

Licensed professional staff from the *Pathways of Hope* grief center facilitate all groups.

Thanks to the generous support of donations from the community, group and individual counseling services are offered at no cost.

Hospice of Dayton
Pathways of Hope
324 Wilmington Ave.
Dayton, OH 45420
(937) 258-4991

GROWING THROUGH GRIEF

SUMMER 2014

Education and Grief Support Groups

Grief support for hospice families and the community

PARENTS WHO HAVE LOST AN ADULT CHILD

Pathways of Hope—Hospice of Dayton

WEDNESDAY EVENINGS 6:30—8:00

July 9, 23, August 6, 20, Sept. 3, 17

ADULT CHILDREN WHO HAVE LOST A PARENT

Support Group: Grief Support for Adult Sons and Daughters

Pathways of Hope—Hospice of Dayton

4 WEEKLY SESSIONS - 6:30—8:00—Mondays

July 7, 14, 21, 28—September 8, 15, 22, 29

DRAWN TOGETHER's ART FOREVER AFTER:

A MULTI-GENERATIONAL ART BASED GRIEF GROUP

Call for location and to register

MONDAY EVENINGS 6:30—8:30

RETURNING ON SEPTEMBER 9th 2014

COFFEE HOUR CONNECTION

General Loss Group

FIRST **WEDNESDAY** OF THE MONTH

10 — 11 am

Held at Dorothy Lane Market

740 N. Main St., Springboro, OH 45066

2nd Floor

SPOUSE LOSS GROUPS

Hospice of Dayton - Centerville Office

***Tuesday** Evenings 6:30—8:00 PM*

July 1, 15, 29, August 12, 26, Sept. 9

Hospice of Dayton Pathways of Hope

Thursday Mornings 10:00—11:30

July 3, 17, 31, Aug. 14, 28, Sept 11

GENERAL LOSS GROUP

Pathways of Hope—Hospice of Dayton

(Sibling, Grandparent, Extended Family, Friends, and others)

Monday Evenings 6:00— 7:30 PM

July 7, 21, August 4, 18, Sept. 2 (Tues) & September 15

Here are some of the benefits of grief groups

- The support of others who have experienced a similar loss and understand the pain of grief.
- A safe environment in which to share thoughts and feelings that you may hesitate to share with friends or family.
- An opportunity to talk about specific problems and coping strategies related to loss and the grief that accompanies it.
- A chance to explore with others what is "normal" while grieving.
- Information on such topics as dealing with anger, guilt, the grief cycle, caring for yourself, facing your fears and coping with the holidays and special dates can be discussed.