



# Grief Support Groups & Special Events 2024

## 8-Week In-person Grief Groups 2024

### Puyallup

Sep. 5 – Oct. 24, 2024.....Thursday ..... 1–3pm

### Tacoma

Sept. 10 – 24 and Oct. 8 – Nov. 5

Tuesday..... 1–3 pm (NO Group Oct. 1)

*In-person sessions may be subject to change.*

*Call for updated times and dates as in-person sessions may be added.*



## SPECIAL EVENTS

### Tacoma Workshops

**Tuesday, June 25, 2024, 6-8 p.m.**

Experiential Grief Workshop -  
The Healing Power of Creativity  
In this workshop you will learn to use and trust your innate wisdom to unlock the healing power of creativity through writing & collage, helping you move forward in life following the death of someone significant to you.

**Wednesday, November 13, 2024, 1-3 p.m.**

Grief During the Holidays  
Self-care Seminar

**For group information and/or registration call 253-301-6400.**

**There are no charges for our groups, however, space is limited and pre-registration is required.**

**PLEASE SEE REVERSE FOR ADDITIONAL INFORMATION ABOUT GROUPS.**

## Things to consider before joining a grief group

While everyone responds to a death experience differently, grief that is expressed and shared within a supportive environment has the power to provide hope and healing. MultiCare's Hospice Bereavement Program offers curriculum based, non-religious grief groups throughout the year. Groups are reciprocal in nature and members should feel comfortable sharing their experience in a small group of 8-14 people.

**We encourage individuals to be at least 60-90 days out from their loss before joining a grief group.** This is to help prevent the re-traumatization that can occur from sharing their loss story or from hearing others' stories of grief and loss too soon.

## What is the benefit of attending?

- ♥ Connection with others who have gone through a similar situation
- ♥ Association with people who will listen without judgement
- ♥ Time to focus on how the loss is affecting you
- ♥ New ideas to help you cope and heal
- ♥ Personal acceptance of how you really feel
- ♥ Time to share memories of the person who died
- ♥ Understanding of common grief responses

## Are grief groups structured?

- ♥ All groups are facilitated by hospice bereavement counselors and trained volunteers who help guide conversation, provide support, and who offer other grief and loss resources.
- ♥ The same group members meet weekly for eight consecutive weeks. **We strongly recommend** that participants commit to attending all eight sessions at the same location. Materials build from week-to-week, along with increasing group continuity and connection. No visitors are allowed in our closed groups.

## How to register or to ask questions:

Space is limited and **pre-registration is required**. A minimum of eight participants two weeks prior to the start of group is needed for a group to proceed. Directions to group locations are provided upon registration confirmation. For further group information and/or registration, please call **253-301-6400**, and ask for the Bereavement Program.