



OF SANTA BARBARA, INC.

A Volunteer Hospice Organization

Fall 2019

Grief Support Group Schedule

Art for Healing Workshop*

Saturday, November 23rd

This is an all-day workshop at HSB. Participants will create a meaningful keepsake to take home.

Daytime Loss of Spouse or Partner Support Group

1st and 3rd Thursday Afternoons

Support group for senior adults who have lost a spouse or partner.

Evening Loss of Spouse or Partner Support Groups

Twice Monthly on Monday Evenings

Support group for adults who have lost a spouse or partner. Group participants generally 30 - 60 years of age.

Young Adults en Duelo*

Monday Evenings Oct. 28th - Dec. 16th

This group is for young adults ages 19-30 who have experienced the death of a loved one. Los Esperamos.

Healing the Loss of a Loved One*

Tuesday Evenings Sept 10th - Nov 12th

For adults that have experienced the death of a loved one. Members tend to be middle-aged and most have lost a parent and/or a sibling.

Healing Through Poetry

Monday Afternoons

For those that are bereaved or anticipating the loss of a loved one.

Pet Loss Support Group*

Tuesday Afternoons Oct. 1st - Oct. 22nd

For those who are grieving the loss of their beloved animal companion.

Mindfulness in Healing*

Dates to be Determined

Members will use awareness techniques to address feelings around the death of a loved one or feelings related to life-threatening illness.

Healing the Loss of an Adult Child*

Tuesday Afternoons Oct. 29th - Dec. 17th

Losing an adult child is a unique, life-changing event. Join other parents in navigating the journey of grief and healing.

Grupo de Apoyo de Duelo en Español *

Lunes por las tardes Sept 16th - Nov 18th

Apoyo de duelo será ofrecido en español para adultos la cual han experimentado la pérdida de un ser querido.

***For time-limited groups, enrollment closes after the first session.**

Please Note: Space is limited. Each participant must complete registration with HSB prior to group participation. **No drop-ins please.** Groups are subject to cancellation based on low registration. To register, please contact the intake coordinator at **805-563-8820**. All groups are free of charge and donations are gratefully accepted.