

Mt Hood Hospice Group Schedule

September/October 2020

These groups are free and hosted on Zoom. They are open to any adult in the community. It is not necessary to be connected to Mt Hood Hospice.

Living with Grief

Pick from 3 options:

Tuesdays Sept 15-Oct 20 5:30-7pm OR

Wednesdays Sept 16-Oct 21 10:30am-12 noon OR

Thursdays Sept 17-Oct 22 1-2:30pm



This 6-week series is designed to help those who are processing the death of a loved one. We will learn about grief, explore our own grief process, try new strategies to help when grief is heavy, and connect with others who

Caregivers Together

Pick from 2 options

Tuesdays September 15 – October 20

10-11:30am OR 2-3:30pm

If you are caring for an adult loved one who has a life-threatening health condition, this 6-week group connects you with other caregivers without having to leave your home. We can share the successes, challenges, joys and heartbreak that go along with providing support to someone you love.

For more information and to register, email llirette@mthoodhospice.org or call 503-668-5545 and ask for the Bereavement Coordinator

Laura Lirette, M.Ed, MSW, CSWA

If you are interested in any of these groups but these dates/ times do not work for you, please call and let me know. It will help with future schedule planning and you can be added to an outreach list for future group schedule announcements.

