



Mt Hood Hospice Group Schedule

January-March 2021

These groups are free and hosted on Zoom. Currently, there are no in-person groups.

Not comfortable with technology? We will help you.

Groups are open to any adults in the community. It is not necessary to be connected to Mt Hood Hospice.

Registration is required to obtain the meeting ID and passcode to attend any of these groups.

Living with Grief On Mondays 2-3:30 from 1/25 to 3/8. No group on 2/15.

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

Continuing Conversations Social Hour

On Mondays 12-1pm from 1/25 to 3/8. No group on 2/15.

An informal conversation and social gathering to foster conversation, connection and support for those who are missing a loved one. This is a drop-in group so people can come as it works for their schedules. There is not a formal curriculum or agenda. Instead, conversation is based on the interests of the people who are attending.

Grief and Complicated Circumstances

On Tuesdays 5--6:30pm from 1/26 to 3/2.

This group is designed to help those who had complicating circumstances such as challenging relationship dynamics and/ or substance use involvement connected to their loved one. We will learn about grief and explore our own grief process and connect with others who are sharing a similar journey of grief.

Special attention to how these challenging dynamics can influence our grief is a focus of this group.

Caregivers Together

On Tuesdays from 1pm-2:30pm from 1/26 to 3/2.

If you are caring for an adult loved one who has a serious health condition, this 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. The shifts that happen in our relationships, responsibilities, and identities will be focal points during supportive conversations.

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