

# Oct-Dec 2021

## Free Community Support Schedule



### Education

Structured discussion groups that focus on specific topics for 6 weeks (10/11-11/15/2021) online using Zoom.

- **Grief & Complicated Circumstances**
- **Grief and the Holidays**
- **NEW! Breathe, Move, Write**
- **Caregivers Together**

### Social Hour

Online Zoom groups where participants determine the topic each week.

- **Grief Support**
- **Caregiver Support**
- **Grief & Complicated Circumstances**

### Reflection Walk

Meets in person at a park weather permitting  
Registration required for details  
Group is limited to 10 individuals

### Breathe, Move, Write

A 6 week writing group that uses breath, movement and writing to explore, express and tend to our grief. Meets on Zoom.

### Facebook Groups

You can connect with others in similar situations when you have time using the two private Facebook groups:

Caregivers Together  
and  
Living with Grief

Time of Remembering  
Zoom Event  
Thursday, Nov 4 at 7pm

An Online Remembrance  
event

**Submit photos and names**  
to be included in the event  
by October 14 by email to  
[event@mthoodhospice.org](mailto:event@mthoodhospice.org)

All groups are free

No connection to  
hospice required

*For more information about  
accessing support, contact  
Bereavement Coordinator*

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