

# April -June 2022

## Free Community Support Schedule



### Education

Structured discussion groups that focus on specific topics for 6 weeks (4/26/22-6/2/22).

Online using Zoom.

- **Grief & Complicated Circumstances**

Tuesdays 3:00-5:00pm

- **Breathe, Move, Write**

Thursdays 3:00-5:00pm

- **Living with Grief**

Thursdays 6:00-7:30pm

### Social Hour

Online Zoom groups where participants determine the topic each week.

- **Living with Grief**

Mondays 12:00-1:00pm

- **Caregivers Together**

Tuesdays 10:30-11:30am

- **Grief & Complicated Circumstances**

Thursdays 11:30-12:30pm

### Reflection Walk

6 week series focused on breath and movement to support ourselves in grief.

Meets in person at a park in Sandy.

Registration required for details.

Start date to be determined.

Group is limited to 10 individuals

### 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

These free remembrance events happen in late summer and fall every year. See our website for details. To request your loved ones who died be included, Email their names and a photo of each person 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*

Laura Lirette

M.Ed, MSW, CSWA

[llirette@mthoodhospice.org](mailto:llirette@mthoodhospice.org)

503-668-5545

On Facebook @mthoodhospice

Support groups tab at [www.mthoodhospice.org](http://www.mthoodhospice.org)