

Fall 2022

Free Community Support Schedule



Education

Structured discussion groups that focus on specific topics for 6 weeks.

The following groups are online using Zoom.

- **Grief & Complicated Circumstances**

9/29-11/3 Thursdays 2-4pm

- **Breathe, Move, Write**

10/25-11/29 Tuesdays 5:30-7:30pm

- **Grief and the holidays**

9/29-11/3 Thur 5:30-7:30pm OR

10/25-11/29 Tues 2-4

Social Hour

Online Zoom groups where participants determine the topic each week. These groups meet weekly all year.

- **Living with Grief**

Mondays 12:00-1:00pm

- **Caregivers Together**

Tuesdays 10:30-11:30am

- **Grief & Complicated Circumstances**

Thursdays 11:30-12:30pm

In-Person meet-ups

Regularly scheduled conversation groups and periodic social events available. Contact us for details about

dates and locations in Sandy.

Registration required.

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 November 10 On Zoom

All photos submitted for the inperson event in August are automatically included in the online event.

To request your loved ones who died be included, email their names and a photo of each person to event@mthoodhospice.org

Online program will be on Thursday, November 10 at 7pm.

All groups are free

No connection to hospice required

For more information about accessing support, contact Bereavement Coordinator

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On Facebook @mthoodhospice

Support groups tab at www.mthoodhospice.org