



## GRIEF SUPPORT

Find support for grieving or facing a loss

### DROP-IN SUPPORT GROUPS

Every Thursday afternoon, 4-5:30pm ■ virtual

First, third, and fifth Saturday mornings, 10-11:30am ■ virtual

Second and fourth Saturday mornings, 10-11:30am – focus on spouse/partner loss ■ virtual

Last Thursday of the month, 1:15-2:45pm ■ San Bruno

### SPECIALIZED SUPPORT GROUPS

Suicide Loss ■ First and third Thursdays, 6-7:30pm ■ virtual

Art for Healing SoulCollage® Series ■ Thursdays, July 11, August 8, and September 12, 6-8pm ■ San Mateo

Mindfulness Meditation for Caregivers and Bereaved ■ Wednesdays, July 24, August 28, and September 25, 6-7pm ■ virtual

Grief Book Club ■ Monday, August 19, 6-7:30pm ■ virtual

End of Life Option Act Grief Support Group (for those whose loved ones chose medical aid in dying) ■ Mondays, September 9 – October 28, 6-7:30pm ■ virtual

### WORKSHOPS

Grieving Together ■ Tuesdays, September 3 – October 8, 6:00-7:30pm ■ San Mateo

Hope Books for the Grief Journey – personal photobook creation series ■ Mondays, September 9 – October 14, 3-4:30pm ■ San Mateo

## CELEBRATING COMMUNITY

Celebrate and support our community

Mission Hospice Auxiliary Fall Gala ■ Saturday, November 2 ■ \$225 ■ **SAVE THE DATE!**



A festive evening featuring your favorite soft rock classics from the '70s and '80s

## CONVERSATION & COMMUNITY

Learn and talk about how to live and die well

Film screening with San Mateo County Caregivers Collaborative – Caregiver: A Love Story ■ Saturday, August 24, 10:30am–noon ■ Half Moon Bay

Easing Grief: Mini-Retreat with Comfort Animals ■ Tuesday, October 8, noon-2:30pm ■ Portola Valley

Death Cafés ■ Tuesdays, July 16, August 20, September 17, 10-11:30am ■ virtual

## VOLUNTEER OPPORTUNITIES

Help our patients, families, and programs

Volunteer informational meetings ■ Tuesday, September 10, noon-1:30pm or 5:30-7pm ■ San Mateo

## CONTINUING EDUCATION

Opportunities for community members and professionals – CEUs available

Healing Touch Level 1 Training ■ Saturday, September 14 + Sunday, September 15, 8am-5pm ■ \$497 sliding scale; 16 CEUs available ■ San Mateo



Mission Hospice & Home Care

Your trusted local nonprofit hospice

650.554.1000 • 408.554.2434 • www.MissionHospice.org

Events are free unless otherwise noted. Advance registration may be required and offerings are subject to change – please visit [MissionHospice.org/events](https://www.MissionHospice.org/events) for details.

