



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

Grief Book Club ■ Monday, November 18th, 6-7:30pm ■ virtual

Finding the Words: Working Through Profound Loss with Hope and Purpose by Colin Campbell To register, email knitze@missionhospice.org

GRIEF SUPPORT THROUGH THE HOLIDAYS

Tuesday November 12, 4:00-5:30pm ■ virtual

Registration: Grief Support through the Holidays, Tue, Nov 12, 2024 at 4:00 PM | Eventbrite

Tuesday December 10th, 5:30-7pm ■ virtual

Registration: Grief Support through the Holidays, Tue, Dec 10, 2024 at 5:30 PM | Eventbrite



Mission Hospice & Home Care
Your trusted local nonprofit hospice

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SPECIAL EVENTS

Celebrate and support our community

Dia de los Muertos events at Avenidas senior center in Palo Alto, in partnership with Mission Hospice

Registration: October 2024 450 Bryant Activities - Avenidas
www.avenidas.org/october-2024-450-bryant-activities/

World-wide Candle lighting Ceremony, co-hosted with Mission Hospice, Compassionate Friends Mid-Peninsula, and the Brisbane Lions Club, Sunday Dec. 8th, 6:00-8:00pm, Mission Blue Center, Brisbane

Registration: Worldwide Candle Lighting, Sun, Dec 8, 2024 at 6:00 PM | Eventbrite

DAY OF THE DEAD SERIES
OCTOBER 21 TO NOVEMBER 7, 2024

- OCTOBER 21, 10 AM TO NOON - COMMUNITY ALTAR BUILDING**
Building of our Dia de Muertos/Day of the Dead Altar. You are welcome to add your mementos, photos, etc. at your convenience.
- OCTOBER 23, 5 TO 7 PM - ALTAR BLESSING**
Community altar blessing with performances by Aztec dancers and Ensemble Folclórico Colibri. Refreshments and Mexican hot chocolate. All ages welcome.
- OCTOBER 26, 1 TO 3 PM - DAY OF TALENT**
In honor of our departed loved ones, we invite you to share your talent. Email lgbtq@avenidas.org no later than Wednesday, October 23 to RSVP.
- OCTOBER 29, 1:30 TO 3:30 PM - "CALLING IN OUR ANCESTORS" SOUL COLLAGE**
Soul Collage workshop led by Christine Kovach from Mission Hospice. No art experience necessary. Adults of any age are welcome.
- OCTOBER 31, 1 TO 2:30 PM - AGING WISELY, GRIEF TRANSITIONS**
In honor of those we have lost, let us gather to discuss how grief, mourning and rituals have evolved, ways to create new beginnings from sad endings, and renewing our spirits.
- NOVEMBER 2, 10 AM TO NOON - "COCO" THE MOVIE, COOKIES & CRAFTS**
Watch "Coco," Disney's Day of the Dead movie. After the movie, decorate sugar skull cookies and make papel picado and tissue marigolds. All ages welcome.
- NOVEMBER 7, 10 AM TO NOON - CELEBRATION CULMINATION**
Join as we break down this year's Day of the Dead altar. A member of Ensemble Folclórico Colibri will teach participants an easy ceremonial dance and we'll be guided in meditation to reflect on our ancestors.

HONORING OUR DEPARTED LOVED ONES

All activities are free and will take place at Avenidas, 450 Bryan Street, Palo Alto

Scan the QR code or call (650) 289-5400 for more information and to register.

Events are free unless otherwise noted. Advance registration may be required and offerings are subject to change – please visit MissionHospice.org/events for details.

