

# Community Connections

January – March 2025

## 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 Saturdays, 10-11:30am ■ virtual

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

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

### SPECIALIZED SUPPORT GROUPS

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

Grief Book Club ■ Monday, February 24th, 6-7:30pm ■ virtual

*Grief is the Thing with Feathers* by Max Porter

To register, email [knitze@missionhospice.org](mailto:knitze@missionhospice.org)

Writing through Loss ■ Wednesdays, Jan. 15-March 5, 6-7:30pm ■ virtual

End of Life Option Act Grief Support Group (for those whose loved ones chose EOLOA) ■ Mondays, 6-7:30pm, March 17-May 12 ■ virtual

### WORKSHOPS

Half Day Meditation Retreat: Navigating Grief ■ San Mateo (in person)

Saturday Feb. 1, 9am-1pm | Eventbrite

## CONVERSATION & COMMUNITY

Death Café, Tuesdays, Jan. 21, Feb. 18, and March 18, 9-11:30am

■ virtual | Eventbrite



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