

# Yakima Memorial Home Health & Hospice



## Grief support groups and special events - 2024

### 10-week in-person grief support group

Yakima

Sept. 3 – Nov. 5 ... Tuesdays ... 11am – 12pm

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### Grief through the Holidays

Nov. 12 ... Tuesday ... 10am – 12pm

Nov. 14 ... Thursday ... 10am – 12pm *Spanish*

Nov. 14 ... Thursday ... 5pm – 7pm

Dec. 10 ... Tuesday ... 10am – 12pm

Dec. 12 ... Thursday ... 10am – 12pm *Spanish*

Dec. 12 ... Thursday ... 5pm – 7pm

### Coming in 2025

- Eating for one
- Children's grief workshop
- 10-week grief support (Spanish and English)
- Memory walk and balloon release

**For group information and/or registration, call 509-574-6744**

There are no charges for our groups, but space is limited, and pre-registration is required.

Please see reverse for additional information about groups.

## Things to consider before joining a grief group

While everyone responds to a death experience differently, grief that is expressed and shared within a supportive environment has the power to provide hope and healing. MultiCare's Hospice Bereavement Program offers curriculum-based, nonreligious grief groups throughout the year. Groups are reciprocal in nature and members should feel comfortable sharing their experience in a small group of eight to 14 people.

## We encourage individuals to be at least 60-90 days out from their loss before joining a grief group.

This is to help prevent the re-traumatization that can occur from sharing your loss story or from hearing others' stories of grief and loss too soon.

## What is the benefit of attending?

- ♥ Connection with others who have gone through a similar situation
- ♥ Association with people who will listen without judgment
- ♥ Time to focus on how the loss is affecting you
- ♥ New ideas to help you cope and heal
- ♥ Personal acceptance of how you really feel
- ♥ Time to share memories of the person who died
- ♥ Understanding of common grief responses

## Are grief groups structured?

- ♥ All groups are facilitated by hospice bereavement counselors and trained volunteers who help guide conversations, provide support, and offer other grief and loss resources.
- ♥ The same group members meet weekly for eight consecutive weeks. **We strongly recommend** that participants commit to attending all 10 sessions at the same location. Materials build from week to week, along with increasing group continuity and connection. No visitors are allowed in the closed groups.

## How to register or to ask questions

Space is limited and **preregistration is required**. A minimum of eight participants two weeks prior to the start of group is needed for a group to proceed. For further information and/or registration, please call 509-574-6744 and ask for the Bereavement program.