

# *Support on Life's Journey*

## 2012 Grief Support Calendar

presented by



**HOSPICE of HILO**

PARTNERS IN HOPE, SUPPORT AND COMFORT

All bereavement support groups meet at Hospice of Hilo. Please pre-register. To enroll or receive more information, call (808) 969-1733. More information can also be found at [www.hospiceofhilo.org](http://www.hospiceofhilo.org).

### *Ongoing Support Drop-in Group*

Beginning January 3, 2012

Every Tuesday

10:00 am -11:30 am

### *The Journey of Grief: Living with Loss 3-Part Community Workshops*

Wednesdays, 5:30 pm– 7:00 pm

First Set: January 11, 18 & 25

Second Set: May 16, 23 & 30

### *The Healing Journey: Adult 6-Week Grief Support Group*

Tuesdays, 10:00 am -11:00 am

First Set: April 3 - May 8

Second Set: October 2 - November 6

For adults who have experienced the death of a loved one. Meets for six weeks.

### **Understanding Grief**

January 11 & May 16

What is Grief? How do we deal with this often unwelcome and sometimes unexpected emotion in our lives? Explore the process of grief in order to gain a better understanding of how grief affects us and those around us.

### **Helping Children Grieve**

January 18 & May 23

Learn about how children experience loss and grief and what you, as an adult, can do to help them through this time.

### *A Celebration of Life!*

Walk to Remember & Lights of Remembrance

Saturday, May 5, 2012 at Wailoa State Park

4:00 pm - 8:00 pm

Walk in honor of someone special while helping raise funds for Hospice of Hilo. At sunset, launch a lantern on the river in memory of a loved one.

### **“The Gift of Grief” film by Nancee Sobonya**

January 25 & May 30

An inspiring film that shares the story of seven ordinary people who have experienced remarkable loss, yet found a way to transform their grief into a greater understanding and fulfillment of life.

### **Discover Healing Support on Life's Journey When You Miss a Loved One**

Free grief counseling, support and education is available for anyone grieving or anticipating the death of a loved one. For individual appointments, group schedules, or more information, please call us at 969-1733 or visit us online at [www.hospiceofhilo.org](http://www.hospiceofhilo.org).

*It is our mission to be an integral part of the community, providing compassionate, quality end-of-life care through support, counseling and education.*

