

Hospice of Humboldt

Free Community Grief Support Services

Hospice of Humboldt

offers many kinds of support to those who are grieving the loss of a loved one. In addition to free, drop-in grief support groups, we also offer the ease of the Saturday Morning Slipper Club where attendees can casually spend time in the company of others, engaging in enjoyable pastimes. We serve all ages and we accept you wherever you are in your recovery from your loss.

Our Grief Support Staff and Volunteers

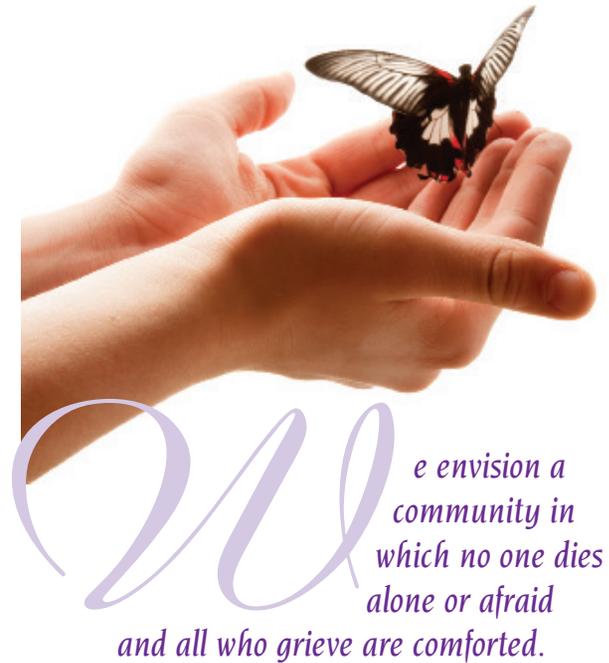
understand that each person's reaction to grief is unique. Many of us have the capacity to mourn fully with the help of friends, family and community who care about us and want us to recover our ability to enjoy life fully and love others. Sometimes though, it might be difficult to find people who are willing to listen to our hurt in a non-judgmental and comforting way. We are able to provide that extra support in addition to your existing support system.

Volunteers Needed

Grief support staff and volunteers work as a team to provide the highest quality grief support possible. Volunteers work under clinical supervision and receive extensive training.

They facilitate drop-in grief support groups and assist with trainings and workshops.

If you are interested in becoming a Grief Support Volunteer, please call 707.267.9813 and ask to speak to the Volunteer Coordinator.



We envision a community in which no one dies alone or afraid and all who grieve are comforted.

Hospice of Humboldt

3327 Timber Fall Court
Eureka, CA 95503
(PH) 707.267.9801
(Fax) 707.445.2209



Free Community Grief Support Services

One-on-One Grief Support Visits & Phone Support

Our staff is able to provide 3 free private, confidential emotional support and grief education sessions at our Eureka office.

We can also provide grief support by phone and can direct you to written materials and online resources specific to your unique needs. We are able to make referrals to local counselors who work with grief and loss.

Creative Arts Gatherings

Creative Arts Gatherings utilize the healing qualities of the natural world, art, and symbolic expression to help those mourning the death of a loved one. No art experience is necessary. There is a requested materials fee of \$5-10 for these gatherings. No one is turned away for lack of funds.

Writing Through Grief Workshop

Writing Through Grief Workshops use writing as a catalyst to attend to and heal grief. In each workshop, a theme is offered, pieces of prose and poetry are read, and prompts are presented to aid in the process of writing. Participants have an opportunity to share their own writing, but only as they wish to.

Children & Teen Grief Support Groups

Participants in these groups come together in a comfortable, creative and safe place to explore their feelings related to mourning the death of a loved one. As part of that exploration they engage in age-appropriate activities such as talking circles, drawing and other art projects, storytelling and journaling.

Open to the public, free of charge, unlimited participation

Please call 707.267.9801 to confirm current Grief Support Group schedule before attending.

Grief sessions will not be held on the following holidays:

- ♥ New Year's Eve, December 31
- ♥ New Year's Day, January 1
- ♥ Martin Luther King Day, third Monday in January
- ♥ President's Day, third Monday in February
- ♥ Memorial Day, last Monday in May
- ♥ Independence Day, July 4
- ♥ Labor Day, first Monday in September
- ♥ Thanksgiving Holiday: fourth Wednesday, Thursday and Friday in November
- ♥ Christmas Eve, December 24
- ♥ Christmas Day, December 25

Drop-In Grief Support Groups

Join with others living with grief where your individual experiences are accepted. Trained facilitators offer support in an emotionally safe space.

■ EVERY MONDAY

Arcata 6:00 - 7:30 p.m.
Umpqua Bank upstairs (use rear entrance)
1063 G Street

■ EVERY WEDNESDAY

Eureka 5:30 - 7:00 p.m.
Hospice of Humboldt (Grief Support Entrance)
3327 Timber Fall Court

Fortuna 6:00 - 7:30 p.m.
Sequoia Springs Senior Living
(formerly Brookdale) 2401 Redwood Way

Eureka 6:30 - 8:00 p.m.
Young Adult Grief Support Group (ages 20-39)
Hospice of Humboldt Chapel
3327 Timber Fall Court

■ EVERY FRIDAY

Eureka 1:00 - 2:30 p.m.
Hospice of Humboldt, 3327 Timber Fall Court
McKinleyville 3:30 - 5:00 p.m.
Wholistic Heartbeat, 1660 Central Avenue Suite A

■ EVERY SATURDAY

Eureka 9:00 - 10:30 a.m.
Hospice of Humboldt, 3327 Timber Fall Court
Our ever-popular **Saturday Morning Slipper Club**, your 'warm start' to the weekend. An informal gathering to socialize with others affected by a death. Chat with others about books, movies and play games or build puzzles while enjoying a hot cup of coffee, tea or cocoa.