



Dear Friends,

The journey of grief can bring an array of feelings, and at times, leaves us feeling isolated, and uncertain if others can relate or understand. Support groups can provide a safe space to share feelings and experiences and to learn strategies for the journey.

We invite you to join us for our Spring 2023 session of Grief Support Groups. Groups meet for twelve (12) weeks. Our groups are facilitated by teams of trained grief counselors and peer support volunteers. The groups are specific to the relationship of your loss. Please see the reverse side of this letter to see the various groups, days and times that we have to offer.

As of the mailing of this flier we plan to meet in person for support group. However, due to COVID-19, at some point public meeting guidelines may prohibit meeting in person. We encourage you to call for updates, and thank you for your continued flexibility during this time. (If needed, Zoom virtual meeting information will be provided by facilitators upon registration.)

We welcome you to call with any questions that you might have. **Advance registration is required, and space is limited. Please contact us by phone to register (559) 248-8579 and we will email or mail the necessary paper work to finalize registration.** The fee is \$25.00 per person or \$40 per couple, which covers the 12 week session. *A limited number of scholarships are available, and some programs are offered at no charge thanks to generous community support.*

Because of space limitations and confidentiality, we regret that we cannot allow guests of participants to attend.

We look forward to welcoming you to our Grief Support Group Program and hope that you find it supportive during this difficult time.

We need not walk alone....
We reach out to each other with love and
Understanding and with hope....
We come together from all walks of life,
From many different circumstances....
We need not walk alone.

~Credo of The Compassionate Friends

In Care and Support,

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Hinds Hospice Grief Support Groups, Spring 2023

- The following groups will meet weekly for 12 weeks beginning Tuesday, Feb. 7 or Thursday, Feb. 9.
- There are no meetings the week of Spring Break (April 4th & April 6th).
- All groups meet at the Hinds Hospice Patient & Family Services Center 2490 W. Shaw Avenue, Fresno, CA 93711 (559) 248-8579

Circle of Friends, grief support group for children ages 3-12

Tuesday Evenings, 6:30-7:30pm

Thursday Evenings, 6:30-7:30pm

Teen Group, grief support for children ages 13-17

Monday Evenings, 5:00-6:00pm, this group is ongoing.

Adults: Loss of Partner/Spouse

Tuesday Mornings, 11:30am-12:30pm

Tuesday Evenings, 6:30-7:30pm

Adults: Loss of Parent/Sibling

Tuesday Afternoons, 4:30-5:30pm

Tuesday Evenings, 6:30-7:30pm

Adults: Loss of Child

Tuesday Evenings, 6:30-7:30pm

Angel Babies, parents who have lost a baby in pregnancy or in infancy

Tuesday Evenings, 6:30-7:30pm

Adults: Survivors of Suicide Loss

Thursday Evenings, 6:30-7:30pm

We thank the following for their generous support of the grieving families we serve:

- ❖ Aaron Judge All Rise Foundation
- ❖ Red & Nancy Arnold Foundation
- ❖ The Bertha & John Garabedian Charitable Foundation
 - ❖ The Martha J. Waller Trust
- ❖ Theodore John Stratigos Philanthropic Fund
 - ❖ Valley Children's Healthcare
 - ❖ Walmart Foundation
 - ❖ Mark Otta