

## Grief Workshops

SUMMER 2018

SUNNYVALE

### Bay Area Summer Workshops for people grieving the loss of a loved one.

**JOURNALING:** Use journaling to support your grief process. Come and learn about the benefits that keeping a journal can have on your grief process. Experience different ways to write about grief, and take home a list of ideas to continue journaling. No journaling experience necessary! Led by Lori Howard and Jennifer Newnam.

Monday, June 11<sup>th</sup> 6:00pm-7:30pm

**MEMORIAL GARDEN:** Bring a gallon-sized container to plant a memorial garden. Soil, plants, and decorative garden stakes will be supplied. To add a small photo, please send it before June 10th to be laminated. Send to Vivian Shults at Pathways, 585 N Mary Ave, Sunnyvale, CA 94085. Led by Vivian Shults and Nancy Hager-Snyder

Sunday, June 24<sup>th</sup> 2:00pm-4:00pm



**MINDFULNESS RELAXATION:** Come to one or all of these workshops to learn mindfulness exercises to relax and release physical tension. Led by Kaila Sugiyama

Fridays June 22<sup>nd</sup>, July 13<sup>th</sup> and/or August 17<sup>th</sup> 1:00pm-2:30pm

**Helping Grieving & Overwhelmed Families with Organizational Challenges** Lisa Mark, CPO, will discuss Time Management & Productivity in Grief and Jeanne K. Smith will offer her expertise helping people make decisions, honor their loved ones while letting go of some possessions after the death of a loved one.

Tuesday, July 17<sup>th</sup> 1:00pm-2:30pm

**WATERCOLOR EXPRESSIONS:** Express your grief or create a vision for your future with watercolor. No art experience required. Come and play with us. Led by Kaila Sugiyama and Vivian Shults.

Monday, July 9<sup>th</sup> from 6:00pm-8:00pm

**ORIGAMI CRANES:** Learn to create a beautiful hanging ornament that acknowledges your grief and lifts your spirit. Led by Ann MacLeod and Nancy Hager-Snyder.

Wednesday, July 18<sup>th</sup> 6:30pm-8:30pm

**RSVP to [bereavement@pathwayshealth.org](mailto:bereavement@pathwayshealth.org) or call our Sunnyvale Office 408-773-4241**

**A minimum of four sign-ups are required to hold a workshop.**



Pathways bereavement services are open to the community. There are no fees for these services thanks to generous contributions to Pathways Foundation from community members.

*Pathways Home Health & Hospice*  
*Not for profit, serving Bay Area families more than 40 years.*  
[www.pathwayshealth.org](http://www.pathwayshealth.org) ♦ 1.888.755.7855

## Grief Workshops

SUMMER 2018

OAKLAND

### Bay Area Summer Workshops for people grieving the loss of a loved one.

**COLLAGE AND GRIEF:** Use art and collaging to express emotions and memories of your loved one and take home something that will memorialize their life and what they meant to you. Feel free to bring a photo and we can make a copy to include in your collage. Led by Jody Lyman 888-905-2800 x 6274

Wednesday, **June 6th** 6pm-7:30pm and/or Wednesday, **June 20th** 6pm-7:30pm

**KNTTING CIRCLE!** Explore your grief while doing something that many find very therapeutic and relaxing. Come learn to knit or bring a project that you are working on. All levels are welcome! We will have limited supplies available for beginners. Light refreshments will be provided. Led by Dani Wood 510-632-4390 X 6441 \*Note: If you have supplies you no longer need, we would gladly accept your donations.

Monday, **June 7th** 11:30am-1:00pm and/or Monday, **June 14th** 11:30am-1:00pm

**GRIEF HIKE:** Hiking can be a wonderful way to relax and connect with nature during the grieving process. Join us for a short hike and picnic in one of the East Bay's local parks. Please bring lunch for yourself, water, and sunscreen. For additional information or to RSVP, contact: Andy Bradshaw at 888-905-2800, x 6427. We hope you can join us!

Sunday, **July 15th** 11:30am-2:00pm and/or Sunday, **August 5th** 11:30am-2:00pm

**PUZZLE TIME!** Want to do something that could improve your mood, lower your stress level, and bring you closer to others? If so, puzzling might be just the thing for you! Come enjoy a light snack and some quiet concentration time with others who are grieving. Led by Dani Wood 510-632-4390 X 6441

Monday, **June 18th** 5:00pm-6:30pm and/or Monday, **June 25th** 5:00pm-6:30pm

**CLAY AND COLORING!** In need of some creative and relaxing Me Time? If so, then clay and coloring class might be just the thing for you! Come let your imagination run wild while connecting with others who are grieving. You can make a creation out of clay that you can take home and bake. We will also have coloring sheets and markers available. Led by Dani Wood 510-632-4390 X 6441

Mon., **July 30th** 5pm-6:30pm and/or Mon., **August 6th** 5pm-6:30pm

## S. SAN FRANCISCO

**THE ART of HEALING:** This workshop will focus on using art and color to express the complexity of grief, through the highs and lows and everything in between. Come and enjoy the process. No artistic expertise needed. Led by Alexis Johnson 650-634-0133 X 6461

Tues., **June 5th** 6:00pm-7:30pm and/or Tues., **July 10th** 6:00pm-7:30pm

**CREATING A MANDALA:** Support your grief process through creating your personal mandala, or sacred circle, following in the tradition of the ancients. Materials will be supplied. Led by Barbara Niepelt

Tuesday, **June 26th** 6:30pm-8:30pm or Wednesday, **July 18th** 1:30-3:30pm

**READING GROUP:** We will read and discuss the book, *Kitchen Table Wisdom: Stories that Heal*, by Rachel Naomi Remen, M.D., over the course of two meetings. Come to one or both meetings. No prior reading group experience is necessary! Led by Koo Im Tong.

Tuesday, **July 17th** 6:30pm-8pm: Chapters I -- IV, pps. 1-166 and/or Tuesday, **August 7th** 6:30pm-8pm: Chapter V-IX, pps. 167-333

**RSVP to the workshop facilitators or to bereavement@pathwayshealth.org**  
**A minimum of four sign-ups are required to hold a workshop.**