

SUNNYVALE

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

COLLAGE CREATION: Many people find expressing themselves through collages as one of the most therapeutic and healing activities. This small project does not require any art skills, just a willingness to create a picture using glue, scissors, and magazines. Come join us!
RSVP to: Cassandra Monfared 888-905-2800 X 6349.

SATURDAY, May 18th 12:00-1:30pm

DEEP HEALING THROUGH LETTER-WRITING: Come learn various ways to promote healing by writing a letter to your loved one. Sharing is optional. RSVP to: Lisa Branson 888-905-2800 X 6304

Monday, June 17th 6:00-7:30pm and/or Tuesday, July 9th 5:00-6:30pm

CONTEMPLATIVE NATURE WALK: Nature provides us with elements that are essential for healing our mind, body and spirit, especially in these difficult times of grief. During our walk, we will guide you through a brief mindfulness activity. Please bring water/snacks for yourself, and be sure to wear comfortable shoes.

Sunday, June 23rd 9:30-11:30am RSVP to Roshni Dayal 888-905-2800 X 6119

Co-facilitator: Jennifer Newnam - Location Details Will Be Provided Upon Registration **and/or**

Sunday, August 4th 9:30-11:30am RSVP to Roshni Dayal 888-905-2800 X 6119.

Co-facilitator: Jennifer Newnam - Location Details Will Be Provided Upon Registration.

TRANSFORMING YOUR GRIEF THROUGH JOURNALING: Writing is a powerful medium of expression! In this workshop, you will learn how keeping a journal can support you during your grief experience, through reflective prompts that may reveal unexplored options. We will also share ideas to inspire your continued journaling. No writing experience is needed! Sharing is optional.

Sunday, July 14th 10:00-11:30am

RSVP to: Jennifer Newnam 888-905-2800 X 6239. Co-facilitator: Roshni Dayal

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.

Please RSVP directly to facilitator for each workshop.

Call Vivian Shults 408-773-4241 with questions.

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

Pathways Home Health & Hospice

Not for profit, serving Bay Area families more than 40 years.

www.pathwayshealth.org ♦ 1.888.755.7855

OAKLAND

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MINDFUL COLLAGE FOR THE GRIEF JOURNEY: You are invited to participate in a powerful collage process that weaves together your personal grief journey with symbolic images. We will make Mindful Collage cards that allow us to share our stories and reflect on our healing process. RSVP to Camara Rajabari 888-905-2800 X 6234
Saturday, June 8th 10:00-12:30pm and/or Saturday, Aug 3rd 10:00-12:30pm *No Art Experience Required*

ORIGAMI CRANES: Learn to create a beautiful hanging ornament that acknowledges your grief and lifts your spirits. RSVP to Romi Manheim 888-905-2800 X 6139 or Gabe Kenney.
Tuesday, July 9th 12:00-1:30pm and/or Monday, July 29th 5:00-6:30pm



ORIGAMI HEARTS: Come make an origami heart to evoke love and remembrance. This is a simple origami project, suitable for all ages. RSVP to Romi Manheim 888-905-2800 X 6139.
Tuesday, June 18th 12:00-1:30pm and/or Monday, August 19th 5:00-6:30pm

DISGUISES OF GRIEF: A MASK MAKING WORKSHOP: Explore the many ways in which grief expresses in our everyday life. Connecting with our own unique expression of grief, we will create a mask that speaks to the story of our loss. RSVP to Camara Rajabari 888-905-2800 X 6234. *No Art Experience Required*
Saturday, August 10th 10:00-12:30pm

S. SAN FRANCISCO

DROP-IN GRIEF SUPPORT GROUP: We will be meeting twice in June as a Drop-In Grief Support Group. We will discuss issues of relevance identified by group members. Meeting at: 749 Brewster Avenue, Redwood City: RSVP to Koo Im 888-905-2800 X 6301
Monday, June 10th 6:00-7:30pm and/or Monday, June 24th 6:00-7:30pm

BAY TRAIL WALK: Mindful walking can support the grieving process by reducing stress and enhancing emotional processing. Join us for a mindful, relaxing 20 minute walk along the Bay Trail starting at the South San Francisco office. Please bring sunscreen, a hat, water and lunch! RSVP to James Buehring 888-905-2800 X 6143
Saturday, June 22nd 11:00-12:30pm and/or Saturday, July 20th 11:00-12:30pm

NATURE WALK: Please join us for a gentle stroll through Golden Gate Park, where we can share memories of our loved ones amid the healing power of nature. We will be meeting near Stow Lake and will find a picnic table afterwards for conversation and light bites. For meeting location and to RSVP, please contact Melissa Liptak 888-905-2800 X6103 or Monique Ngo 888-905-2800 X6351.
Saturday, June 29th 10:00-11:30am

GRIEF JOURNALING: Journaling after a significant loss can have enormous healing power, helping us to access and explore the complicated emotions of grief. Join us for a nurturing writing workshop that will help you express your feelings and guide you through this time of transition. This workshop will be held at our SSF location. Please RSVP to Melissa Liptak 888-905-2800 X6103 or Monique Ngo 888-905-2800 X6351.
Friday, July 19th 12:00-1:30pm

Please RSVP directly to facilitator for each workshop.