

Kaiser Northern California Hospice Grief Support Winter 2023



***There is NO charge for all Kaiser Groups, Classes, and Workshops
Open to Kaiser Members and the Community at Large***

All Kaiser Bereavement Groups are virtual (online or by phone) until further notice. These multi-session groups provide information, resources, and support to adults who have lost a loved one. **Registration required.** Please plan to attend all sessions unless the group is labeled as “drop-in.”

Daytime groups

- **General Loss:** Mondays 11:00am-12:30pm: next 8-week series starts January 2023 and Spring group starts April 2022
 - To register, contact Jessica Lawrence at 925-229-7817 or jessica.m.lawrence@kp.org
- **Understanding Your Grief:** 10-week group is forming
 - To register, contact Sacramento Bereavement Department: 916-977-3197 or KP-Hospice-Grief-Sacramento@kp.org

Evening groups

- **General Loss:** Evening varies, new six-week sessions start throughout the year. To register, contact Oakland Bereavement Line 510-752-4076

Drop-In Educational Workshop Series:

- Thursdays 12-1pm. Each week's session addresses a different topic related to coping with grief. Registration is not required. For topic information and invitation to Microsoft Teams meeting, contact Stephanie Eckhaus (510-675-5792 ; stephanie.g.eckhaus@kp.org) or Jessica Lawrence (925-229-7817 ; jessica.m.lawrence@kp.org)
- Winter/Spring 2023 series runs January 5th – May 1st

SEE REVERSE SIDE FOR ADDITIONAL OPTIONS

Drop-In Grief Support Groups

- **San Francisco Kaiser Drop-In Groups:**

- 2nd and 4th Monday of the month 6 pm – 7:30 pm
- 1st & 3rd Tuesday of the month 1 pm – 2:30 pm
- 1st & 3rd Friday of the month 12 pm – 1:30 pm
- To register, contact SF Bereavement Line: 415-833-3173
- **South Bay Kaiser Drop-In Groups:**
 - 2nd & 4th Wednesday of the month 12:30 pm – 2 pm
 - To register, contact Cristina Jacobo (408-361-2150 x3062) or Cindy Harrison Evans (408-361-2150 x3065)
 - 2nd & 4th Wednesday of the month 6 pm – 7:30 pm
 - To register, contact Jacqueline Stokes (650-207-1695)
 - 1st & 3rd Sunday of the month 3 pm – 4:30 pm
 - To register, contact Sukhbir Jandu (408-721-9875)
- **Drop-In Group for those who have completed a Kaiser group**
 - Tuesdays 6-7:30 pm, for those who have already attended a Kaiser General Loss multi-week support group
 - To register, contact Kaiser East Bay Bereavement (510-752-4076)
- **Under 40(ish) Drop-In Group**
 - 2nd Thursday of the month 6-7:30 pm
 - To register, contact SF Bereavement Line: 415-833-3173

For additional resources

***check the event calendar at <https://hospice-nal.kaiserpermanente.org/support/after-your-loss/>
Or contact: stephanie.g.eckhaus@kp.org; Jessica.m.lawrence@kp.org***