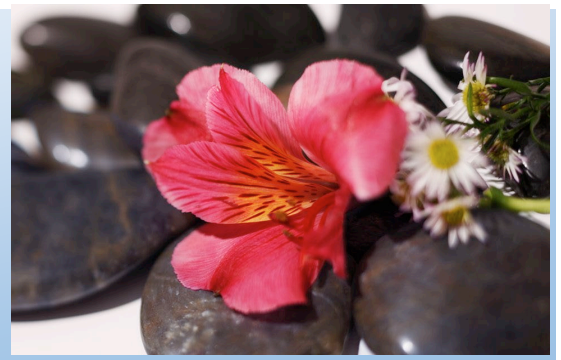


Kaiser NorCal Hospice
DROP-IN
ONLINE GRIEF
SUPPORT SERIES
Winter 2022-2023



***All Classes offered at No Charge
Open to Kaiser Members and the Community at Large
Sponsored by Kaiser Hospices of Northern CA***

THURSDAYS AT 12:00-1:00

For Questions or Invitation to the Teams Meeting, Contact:

Jessica Lawrence: 925-229-7817 or jessica.m.lawrence@kp.org
or Stephanie Eckhaus: 510-675-5792 or stephanie.g.eckhaus@kp.org

Attend one or more- as desired- NO registration needed.

- | | |
|--|--|
| Dec. 8 | Grief at the Holidays
Facilitator: Jessica Lawrence, LCSW, CT |
| Dec. 15 | Ask a Grief Counselor- No agenda, please bring your questions
Facilitators: Stephanie Eckhaus, LCSW and Jessica Lawrence, LCSW, CT |
| ***ON BREAK UNTIL JANUARY 2023*** | |
| Jan. 5, 2023 | Grief 101
Facilitator: Stephanie Eckhaus, LCSW |
| Jan 12, 2023 | Evolving Through Grief
Facilitator: Jessica Lawrence, LCSW, CT |
| Jan 19, 2023 | Physical Effects of Grief
Facilitator: Stephanie Eckhaus, LCSW |
| Jan 26, 2023 | Keeping the Connections
Facilitator: Rina Breakstone, LCSW |
| Feb. 2, 2023 | Social Connections in Grief
Guest Facilitator: Veronica Coraggio, MSW
Bereavement Counselor at Sutter Hospice, Concord Branch |
| Feb 9, 2023 | Grief Doesn't Happen in Stages
Facilitator: Jessica Lawrence, LCSW, CT |

Feb 16, 2023

Self- Compassion and Grief

Facilitator: Carley Rencher-Chen, LCSW

Feb 23, 2023

Self- Care Plans, Why is Important and How to Do It!

Facilitators: Stephanie Eckhaus, LCSW

March 2, 2023

How our Thoughts Influence our Grief

Facilitator: Jessica Lawrence, LCSW, CT

*******Series Continues through May 18,
additional topics to be announced*******

Microsoft Teams meeting: Please email for the link:

Join with a video conferencing device

teams@evc.kp.org

Video Conference ID: 117 783 998 1

Or call in (audio only)

[+1 213-533-9530,,377685312#](tel:+12135339530377685312) United States, Los Angeles

Phone Conference ID: 377 685 312#