

Community Connections

April – June 2024

CONVERSATION & COMMUNITY

Learn and talk about how to live and die well

Understanding and Coping with Grief 了解和面對哀傷 ■ Wednesday, April 10, 4-5pm ■ virtual

This program will be delivered in Cantonese 這個講座以粵語進行

Understanding and Coping with Grief 了解和面對哀傷 ■ Wednesday, April 17, 4-5pm ■ virtual

This program will be delivered in Mandarin 這個講座以國語/華語進行

Movie Night with San Mateo Caregivers Collaborative! Caregiver: A Love Story ■ Thursday, April 18, 3-5pm ■ Redwood City

Be Strong, Live Long Health & Wellness Fair ■ Friday, May 17, 10am-1pm ■ Santa Clara

Drumming for Self-Care - For Caregivers and Bereaved ■ Saturday, June 1, 2:30-4pm ■ Palo Alto

Mission Hospice at the San Mateo Pride Celebration ■ Saturday, June 8, 10am-5pm ■ San Mateo

Death Cafés ■ Tuesdays, April 16, May 21, and June 18, 10-11:30am ■ virtual

CONTINUING EDUCATION

Opportunities for community members and professionals – CEUs available

Healing Touch Level 2 Training ■ Saturday, April 20 + Sunday, April 21, 8am-5pm ■ San Mateo ■ \$497 sliding scale; 16 CEUs available ■ virtual

Healing Touch Level 3 Training ■ Saturday, June 1 + Sunday, June 2, 8am-5pm ■ San Mateo ■ \$497 sliding scale; 16 CEUs available



Mission Hospice & Home Care

Your trusted local nonprofit hospice

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GRIEF SUPPORT

Find support for grieving or facing a loss

Season of Remembrance

A community memorial service for anyone grieving the loss of a loved one

Sunday, May 19, 2-4pm ■ San Mateo

DROP-IN SUPPORT GROUPS

Every Thursday afternoon, 4-5:30pm ■ virtual

First, third, and fifth Saturday mornings, 10-11:30am ■ virtual

Second and fourth Saturday mornings, 10-11:30am – focus on spouse/partner loss ■ virtual

First and third Tuesdays, 6-7:30pm ■ Adapting to Loss, for those in the first one or two years of grief ■ San Mateo

Last Thursday of the month, 1:15-2:45pm ■ San Bruno

SPECIALIZED SUPPORT GROUPS

Suicide Loss ■ First and third Thursdays, 6-7:30pm ■ virtual

Mindfulness Meditation for Caregivers and Bereaved ■ Wednesdays, April 24, May 22, and June 26, 6-7pm ■ virtual

Writing through Loss ■ Wednesdays, May 8–June 26, 6-7:30pm ■ virtual

Art for Healing SoulCollage® Series ■ Thursdays, May 9 and June 13, 6-8pm ■ San Mateo

Grief Book Club ■ Monday, May 13, 6-7:30pm ■ virtual

WORKSHOPS

New to Grief ■ Thursday, May 30, 4-5:30pm ■ virtual

CELEBRATING COMMUNITY

Celebrate and support our community

Benefit Poker Night ■

Friday, May 10, 7-11pm

■ Foster City ■ \$150 ■

MissionHospice.org/PokerNight



Events are free unless otherwise noted. Advance registration may be required and offerings are subject to change – please visit MissionHospice.org/events for details.

