

# Community Connections

April – June 2023

## GRIEF SUPPORT

Find support for grieving or facing a loss

### Season of Remembrance: Honoring Our Loved Ones Together

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

Sunday, May 21, 2-4pm ■ San Mateo

## DROP-IN SUPPORT GROUPS

Every Tuesday evening, 6-7:30pm

Every Thursday afternoon, 4-5:30pm

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

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

## SPECIALIZED SUPPORT GROUPS

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

End of Life Option Act Grief Support Group (for those whose loved ones chose medical aid in dying) ■ Thursdays, April 6 - May 25, 6-7:30pm

Grief Book Club ■ Monday, April 24, 6-7:30pm

Art for Healing ■ Second Thursdays, May - October, 6-8pm ■ San Mateo

## WORKSHOPS

New to Grief ■ Wednesday, June 7, 3-5pm

## TAKE CHARGE!

Plan for your future care based on what matters most to you

National Healthcare Decisions Day ■ Sunday, April 16

Take Charge! Advance Care Planning Tips ■ Wednesday, April 26, 11am-noon

## CONVERSATION & COMMUNITY

Learn and talk about how to live and die well

Hospice 101 ■ Wednesday, May 3, 2-3:30pm

“Be Strong, Live Long” Wellness Fair ■ Friday, May 19, 11am-2pm ■ Santa Clara

Drumming for Grief ■ Saturday, June 10, 2:30-4pm ■ Palo Alto

Pride Month Film Screening & Discussion: “Before You Know It” ■ Friday, June 16, 5:45-8:30pm ■ South San Francisco

Death Cafés ■ Tuesdays, April 18, May 16, and June 20, 10-11:30am

## CONTINUING EDUCATION

Opportunities for community members and professionals – CEUs available

Healing Touch Level 2 Training ■ Saturday, June 10 + Sunday, June 11, 8am-5pm ■ San Mateo ■ \$497 sliding scale; 16 CEUs available

## CELEBRATING COMMUNITY

Celebrate and support our community



**Life is a CABARET!**  
Saturday, April 29, 2023  
Songs, comedy, dining, and dancing  
Tickets \$125  
[MissionHospice.org/Cabaret](https://MissionHospice.org/Cabaret)



Mission Hospice & Home Care

Your trusted local nonprofit hospice

650.554.1000 • 408.554.2434 • [www.MissionHospice.org](http://www.MissionHospice.org)

Events are free and online unless otherwise noted.

Advance registration is required and offerings are subject to change – please visit [MissionHospice.org/events](https://MissionHospice.org/events) for details.

