

Community Connections

January – March 2024

CONVERSATION & COMMUNITY

Learn and talk about how to live and die well

Ritual and Ceremony: Forgiveness of Self and Others ■ Wednesday, January 3, 5:30-6:30pm

Therapeutic Sound Journey: Healing in the New Year, for Caregivers and Bereaved ■ Thursday, January 11, 6-7:30pm ■ San Mateo

Take Charge! Guided Advance Care Planning (two-part workshop) ■ Thursdays, February 8 and 15, 5-6:30 pm

Caregiver's Café: A Place to Learn, Connect, and Recharge! ■ Saturday, March 2, 10:30am-noon ■ South San Francisco

Death Cafés ■ Tuesdays, January 16, February 20, and March 19, 10-11:30am

VOLUNTEER OPPORTUNITIES

Help our patients, families, and programs

Volunteer Informational Meeting ■ Tuesday, February 6, noon-1:30pm and 5:30-7pm

Direct Care Volunteer training ■ Saturdays, 9am-3pm + Thursdays, 6:30-8:30pm, February 17 - March 9 ■ San Mateo

CONTINUING EDUCATION

Opportunities for community members and professionals – CEUs available

Healing Touch Level 1 Training ■ Saturday, March 16 + Sunday, March 17, 8:30am-6pm ■ 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

DROP-IN SUPPORT GROUPS

Every Tuesday evening, 6-7:30pm (through February 27, 2024)

Every Thursday afternoon, 4-5:30pm

First and third Tuesdays starting February 6, 6-7:30pm ■ San Mateo – Adapting to New Loss (for those in the first 1-2 years of grief)

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

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

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

SPECIALIZED SUPPORT GROUPS

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

Writing through Loss ■ Wednesdays, January 10 - March 6, 6-7:30pm

Mindfulness Meditation for Caregivers and Bereaved ■ Wednesdays, January 10 - March 27, 6-7pm

Grief Book Club ■ Monday, February 26, 6-7:30pm

End of Life Option Act Grief Support Group (for those whose loved one chose ELOA) ■ Mondays, March 4 - April 29, 6-7:30pm

WORKSHOPS

InterPlay Forms (Movement, Storytelling, Voice, and Stillness) for Processing Grief - For Caregivers and Bereaved ■ Sunday, January 21, 1-2:30pm ■ San Mateo

CELEBRATING COMMUNITY

Celebrate and support our community

Mission Hospice 45th Anniversary Celebration ■ Sunday, February 4, 2-5pm ■ San Mateo ■ \$125



45TH ANNIVERSARY CELEBRATION

Sunday, February 4, 2024 | Hosted bar & hors d'oeuvres

TICKETS: MissionHospice.org/anniversary

Events are free and online unless otherwise noted.

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

