

February 2024 – August 2024

Grief & Loss Support Group Offerings



Grief and Loss Support Groups and Grief 101 Class

VMFH Hospice and Palliative Care Bereavement Services provides our bereaved hospice families with periodic mailings, support groups, and individual counseling over a one-year period. Individual counseling and support groups are also provided and are free of charge.

Our support groups welcome all adults who are grieving the death of any loved one in the past 13 months. Participants will have the opportunity to share their experiences with others, receive support and develop strategies for getting through difficult times. Often, the greatest benefit for those who join a support group is realizing that they are not alone in their experience.

Groups meet virtually and are facilitated by hospice bereavement counselors who help guide conversation and provide bereavement resources. We offer several types of grief groups:

- On-going, drop in (each group meets twice a month on specific days)
- Grief 101 class meets one time and is offered every other month. this class is designed to support newly bereaved.

Classes and groups are provided free of charge. However, pre-registration is required due to limited space.

Please contact the facilitator identified for the specific group or class you are interested in.

If you would like to speak with one of our counselors, please call (253) 534-7000 or toll free 1 (800) 338-8305.



Hospice & Palliative Care
Attn: Hospice/Bereavement Services, MS 62-02
P.O. Box 2197
Tacoma, WA 98401-2197



The following are common characteristics of grief. Do any of them look familiar?

- Forgetfulness and confusion
- Loss doesn't seem real
- Crying at unexpected times
- Loss of desire/pleasure in activities
- Mood changes due to slightest things
- Change in appetite or weight
- Lack of motivation or concentration
- Guilt, rejection, sadness, loneliness
- Upsetting image keeps coming to mind
- Tired all the time
- Can't honestly tell others how I feel
- Want to withdraw socially
- Feel that life has lost its meaning
- Suicidal thoughts

If you identified with any of these common characteristics of grief, you may benefit from our support groups or other bereavement services.

VMFH Hospice and Palliative Care Bereavement Services

(253) 534-7000 or toll free 1 (800) 338-8305
www.vmfh.org/bereavement-services



Virtual Grief and Loss Support Group Offerings February 2023 - August 2024

Contact the counselor listed for each specific group for more information and to register.

Recognizing Grief — Virtual Grief and Loss Support Groups

Are you dealing with the death of a spouse, parent, child or other loved one in the **past 13 months?** Does it feel as if the sadness will never lift, or that you are isolated from friends and family? Grieving can be painful, and also healing. While everyone experiences loss differently, grief that is expressed and experienced within a supportive environment has the power to heal. Grief support groups provide an opportunity to listen, share and learn from others.

Please contact the counselor listed under the group you are interested in attending.

Daytime Groups:

Spouse Loss

First and third Thursday
11 a.m. - 12:30 p.m.
For information please call
Traci Lenzi at
(253) 677-8377

Second and fourth Monday
Noon - 1:30 p.m.
For information please call
Traci Lenzi
(253) 677-8377

Parent Loss Group

Second and fourth Tuesday
12 p.m. - 1:30 p.m.
For information please call
Hilda Harmon at
(253) 312-8612

Loss of Adult Child Group

Second and fourth Monday
10 - 11:30 a.m.
For information please call
Rebecca LeRoy
(253) 254-9790

Evening Groups:

First and third Thursday
6 - 7:30 p.m.
For information please call
Sarah Winn at
(206) 965-2904

Second and fourth Monday
5 - 6 p.m.
For information call
Chaplain Julie Vaughn at
(206) 901-8532 or email:
julie.vaughn@vmfh.org

Grief 101 Class

Designed for those who are freshly grieving, this 90-minute workshop is meant to help bereaved have a better understanding and appreciation for the grief process and why it has such a significant impact on our lives. Recognizing the impact of grief in our lives can go a long way toward helping us cope with it. A resource sheet will be provided for participants to continue to connect with their grief process and move through it in a healthful way.

Meets every other month on the following dates from 12-1:30 pm (All Tuesdays).

March 12th, May 14th, July 9th

For more information please call Sarah Winn at (206) 965-2904

