

Kaiser Hayward Hospice  
Grief Support  
Late 2016



**All Classes Free**

**Open to Kaiser Members and the Community at Large**

For additional resources, check the grief link at [www.kp.org/hayward/hospice](http://www.kp.org/hayward/hospice)

**Drop-in Grief Group-Fremont**

*Information, resources, and support in an open group for adults experiencing the loss of a loved one. Attend one or more session as desired. No advance registration necessary.*

**Tuesdays mornings 9-10 am every week. Fremont Medical Center Conf. Rm. J**  
Kaiser Fremont Spiritual Care Department (510) 454-4728.

**Bereavement Class-San Leandro**

*For adults who have lost a parent, partner, child, or other loved one. This 8-session class provides information, resources, and support within an ongoing group environment. Registration required.*

**Wednesdays Evenings 6-8 p.m. in San Leandro**

Contact: Spiritual Care (510) 454-4716. Offered three times a year with classes starting in February, June and October.

**Kaiser Oakland Hospice, Weekly Evening Group- Oakland**

**Tuesday Evenings. *Must call to register.***

Additional Groups and Workshops at Oakland location throughout the year  
Contact: Roy Gesley (510) 752-4076

**Day of Remembrance**

**A time to share and heal with our hospice staff and families.**

Tuesday, November 1, 2016 from 2-3:30 pm. in Hayward. Invitations will be sent to Hospice families. All who grieve are welcome.

Contact: Stephanie Eckhaus (510) 675-5792

**Surviving Grief at the Holidays**

*A one time class for information and support. Registration not required. Drop in to either session.*

San Leandro- Wednesday December 2, 2015 from 2:30-4:00. Room A12

Fremont - Tuesday December 8, 2015 from 3:30-5:00pm. Niles Bldg 1st Floor; CONF RM "F"

For questions contact: Stephanie Eckhaus (510) 675-5792

## **Other Local Area Groups:**

### **GriefShare Support Group**

This is a Christian based program, but is open to all religions. Weekly video and discussion. [www.griefshare.org](http://www.griefshare.org)

**Fremont:** Prince of Peace Lutheran Church (38451 Fremont Blvd.) - Drop-in group every Tuesday (mornings from 10:00 – 11:00 and evenings from 7:00 – 8:30). Please email Pastor Dave Sauer ([dsauer@popfremont.org](mailto:dsauer@popfremont.org)) or call the church at 510-793-3366.

**Castro Valley:** Neighborhood Church (20600 John Drive). Email Joanne for information about class dates/times at [griefshare@3crosses.org](mailto:griefshare@3crosses.org) or call church office at 510-537-4690. No registration required. Cost of workbook and devotional readings, \$15-20.

### **Hope Hospice, Dublin**

Evening Groups: General Loss, Parent Loss, Children and Teens Groups  
8 Week groups starting several times a year. On-going groups year round.

Contact: Bereavement Team (925) 829-8770

<http://hopehospice.com/grief-support-center/programs-and-classes/>

### **Compassionate Friends**

Peer group that meets monthly, with focus on the loss of a child of any age. Groups in

**Oakland** Meeting 2nd Tuesday at Park Blvd Presbyterian Church, 4101 Park Blvd.

Contact: Deanna Pankow 510-835-3579

**San Leandro** Meeting 2nd Thursday at Unity Church, 501 Joaquin Ave, San Leandro

Contact: Lisa Deering 510-562-9773

<http://www.tcfccc.org/sanleandro>

### **Widow/Widowers Grief Recovery Class and Support Group**

10 week class through the Pres. Church **Berkeley, Pleasanton and Lafayette**

For dates/times contact: Merrilee Harder: 510-482-5296

**Vitas Hospice- Offers caregiver and grief support at various locations in the Bay Area. For most current information, contact**

Contact: Ja'nice Hoobler at (415) 874-4413 or [Janice.Hoobler@vitas.com](mailto:Janice.Hoobler@vitas.com).

### **Washington Hospital- Fremont**

Drop- In group every Thursday evening from 7:00- 8:30 in the Anderson Auditorium (first floor off the main lobby). 2500 Mowry Ave. Registration not required.

Contact: Spiritual Care Coordinator (510) 745-6569 or Hospital Operator 797-1111

<http://www.whhs.com/news?id=8082>

### **Pathways Hospice - Oakland**

General Grief Group. Daughters Grieving their Mothers

6 week sessions, may repeat as appropriate.

Contact: David Ruschman (510) 613-2092

<http://www.pathwayshealth.org/grief-support/index.html>

### **Sutter Care at Home- Emeryville (groups in multiple other locations)**

Grief groups starting throughout the year.

For current schedule, please call or check the website

Contact: Nave Higgins: 510-450-8728

<http://www.suttercareathome.org/GriefSupport/index.html>