

Whatcom Hospice Bereavement Services

Spring 2024

Newly Bereaved Grief Group

Adults experiencing a recent loss of a loved one are invited to attend. Learn what may be expected in the first year of grief. This session is a starting point when grief feels overwhelming.

Single session meeting - choose the date and time that is best for you.

All sessions are held in Bellingham.

Wednesday, March 13	2:00-3:30
Wednesday, March 20	5:00-6:30
Wednesday, April 10	2:00-3:30
Wednesday, April 17	5:00-6:30
Wednesday, May 8	2:00-3:30
Wednesday, May 15	5:00-6:30



A Journey Toward Hope and Healing - Six Week Series

A six-week educational and supportive grief group series for adults coping with the death of a loved one.

Mar 7—Apr 11	Thursdays 2:00—3:30 in Bellingham
Apr 9—May 14	Tuesdays 2:00—3:30 in Bellingham
June 25—Jul 30	Tuesdays 2:00—3:30 in Bellingham

Giving Grief Words Workshop

"The grief that does not speak knits up the over wrought heart and bids it break." - Shakespeare

This journaling group is offered for those who have previously participated in a six-week group.

Wednesday, March 27	4:00—5:30 pm via ZOOM
Tuesday, June 18	4:00—5:30 pm via ZOOM

Testimonials from past grief group participants

"Being in a group with others who understand my grief was so helpful. It was good to know I am not alone."

"The leaders were so compassionate and encouraging. I learned so much during the group from the leaders as well as other participants."

"It's good to find out I'm not crazy. Grief makes you feel like you are, but the group and facilitators helped me see I'm normal and grief is just hard."

Our groups and events are open to the community at no cost.

Registration is required.

Contact us at 360-733-5877 or

WhatcomHospiceGrief@peacehealth.org

Whatcomhospice.org



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Memory Keepsake Workshop

Join a hospice sewing volunteer as they help you create a comfort item from your loved one's clothing. Sign up early for this popular workshop, as space is limited to 10 participants.

Thursday, February 29

2:00—5:00 pm in Bellingham

Thursday, May 30

2:00—5:00 pm in Bellingham

Camp Kaleidoscope

Grief Camp to Support Children

June 7—9

Camp is a FREE weekend sleepover camp for children ages 6-12 grieving the death of a significant person in their life.

For application or more information, please contact Lulu Verneuil, Camp Kaleidoscope Coordinator

Lverneuil@peacehealth.org or 360-603-9931

Time of Remembrance

Join Whatcom Hospice for a Time of Remembrance to honor loved ones. This service of memory is open to all in the community, and all caregivers, family, and friends are welcome to attend.

Please call or email to RSVP.

Thursday, May 2nd, 5:30—6:30 pm
Bellingham Cruise Terminal Dome Room
355 Harris Ave, Bellingham, 98225



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