

Whatcom Hospice Bereavement Services

Summer 2024

Newly Bereaved Grief Group

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

We recommend waiting two or more months after the death to attend this interactive and informational group.

Single session meeting - choose the date and time that is best for you. All sessions are held in Bellingham.

Wednesday, May 8	2:00—3:30
Wednesday, May 15	5:00—6:30
Wednesday, June 12	2:00—3:30
Wednesday, June 19	5:00—6:30
Wednesday, July 10	2:00—3:30
Wednesday, July 17	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.

June 25—Jul 30
Sept 10—Oct 15

Tuesdays 2:00—3:30 in Bellingham
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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.

Tuesday, June 18

4:00—5:30 pm via ZOOM

Wednesday, Sept 25

4:00—5:30 pm via ZOOM

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

Registration is required.

Contact us at 360-788-6690 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, May 30

2:00—5:00 pm in Bellingham

Thursday, August 29

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

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."

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