

## Grief and Loss Support Groups and Grief 101 Class

Virginia Mason Franciscan Health 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 - each group meets twice a month on specific days.
- Grief 101 - meets one time and is offered every other month. This class is designed to support newly bereaved individuals.

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

February 2025 - August 2025

# Grief & Loss Support Group Offerings



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.

### Hospice and Palliative Care Bereavement Services

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



# Virtual Grief and Loss Support Group Offerings February 2025 - August 2025

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

12 p.m. - 1:30 p.m.

For information please call  
Rebecca LeRoy  
(253) 254-9790

#### Grief Support

##### First and third Wednesday

11 a.m. - 12 p.m.

For information please  
call Hilda Harmon at  
(253) 312-8612

### Evening Groups

#### Grief Support

##### First and third Thursday

6 p.m. - 7:30 p.m.

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

##### Second and fourth Monday

5 p.m. - 6 p.m.

For information call  
Chaplain Julie Vaughn at  
(206) 901-8532 or email:  
julie.vaughn@commonspirit.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 p.m. - 1:30 p.m. (All Tuesdays).**

**March 11th, May 6th, July 8th**

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

