

# 2012 Summer Grief Workshop Series

A Pathways Experience in Healing



## East Bay – Oakland

**Book Art** – Sat., June 16<sup>th</sup> - 2:00 to 4:00 p.m. - Diane Caudillo – Create an accordion book with a pop-up element. Explore this creative avenue to express your grief or do something creative just for fun. Materials provided but bring an x-acto blade if you have one.

**SoulCollage©** – Saturday, July 21<sup>st</sup> - 10:00 a.m. to Noon - Jean Weiss - Come and intuitively create a beautiful collage.

## San Francisco – South San Francisco

**Yoga** – Thursday, July 12<sup>th</sup> - 6:30 to 8:00 p.m. (Sequoia Wellness Center - Redwood City) Tina Mizukami - Come breathe deeply and move gently to enhance relaxation. Please bring a yoga mat or beach towel. No previous yoga experience necessary.

**HeARTful Memories** – Saturday, July 28<sup>th</sup> - 10:00 a.m. to Noon (S. San Francisco Pathways Office) Tina Mizukami  
Families with teens and younger children come together to create a memorial piece of art in honor of their loved ones.

## South Bay – Sunnyvale

**Faith and Grief Series** – Book Club Format - Second Tuesdays, June 12<sup>th</sup>, July 10<sup>th</sup> & August 7<sup>th</sup> - 6:30 to 8:00 p.m.  
Tanya Gulevich and Lindsey Reed - Explore the writings of people of deep faith who have also experienced deep grief. One book discussed at each meeting: *A Grief Observed*, *When Bad Things Happen to Good People*, and *A Grace Disguised*.

**Self Exploration through Imagery** – Tuesday, June 12<sup>th</sup> - 6:00 to 7:00 p.m. - Jennifer Bushard  
Use reactions and impressions of visual images to help explore aspects of the self. This grief support workshop includes written reflection and discussion of your experience in pairs and with others.

**Healing Rhythms: Drumming for Health** – Thursday, June 14<sup>th</sup> - 6:00 to 7:30 p.m. - Arlene Goetze  
Drum gentle rhythms on small drums or on your body. Learn healing vibrations to help tune your body's orchestra. Some meditation and positive affirmations do more than lower stress! Small drums provided.

**Memorial Tile Making** – Thursday, June 21<sup>st</sup> - 6:30 to 9:00 p.m. - Carol David  
Use your creativity to make a handmade tile in memory of your loved one. You will work with wet clay which you can stamp, build on, or carve. All materials provided.



**HeARTful Memories** – Saturday, June 30<sup>th</sup> - 10:00 a.m. to Noon - Mary Rees and Tina Mizukami  
Families with teens and younger children come together to create a memorial piece of art in honor of their loved ones.

**Meditation Class** – Saturday, July 28<sup>th</sup> - 10:00 a.m. to Noon - Vicki Panagotacos



Come and learn three mindful meditations: 10 Minute Time Out; Mindful Essence Meditation and Mindfulness-Based Stress Reduction (MBSR) Meditation (becoming a standard practice in many medical centers for symptom and pain management as well as stress reduction).

**Piecing it all Together** – Sunday, July 29<sup>th</sup> - 3:00 to 5:00 p.m. and/or Sunday, August 12<sup>th</sup> - 3:00 to 5:00 p.m. - Missy Gallo  
Let your creativity flow as we honor our loved ones and explore our grief journey through collage. Ample materials provided but please feel free to bring photos, magazines, or scrapbooking materials.

**Guided Imagery** – Saturday, August 4<sup>th</sup> - 10:00 a.m. to Noon - Vicki Panagotacos  
You envision your life every day. The question is what are you envisioning? Bottom line: what you focus on you amplify. Workshop will teach you tools to shift your focus, imagine the future and solve problems using an Inner Advisor.

**Memorial Garden** – Sunday, August 5<sup>th</sup> - 3:00 to 5:00 p.m. - Missy Gallo and Vivian Shults  
Please bring a container approx. 1 gallon in size. We will supply soil, plants, and decorative garden stakes. If you want to include a small laminated photo please send it to Vivian Shults 585 N. Mary Ave., Sunnyvale, CA 94085 by July 20<sup>th</sup>.

**Silent Writing** – Saturday, August 18<sup>th</sup> - 9:00 a.m. to Noon - Vicki Panagotacos - Workshop guides participants through answering a series of prompts that can remove emotional blocks and reveal new thoughts and ideas. No sharing necessary.

**Please contact Pathways Bereavement Program for additional information and to RSVP.**

For South Bay Workshops, call 408-773-4241; in San Francisco call 650-808-4603; and in the East Bay, call 510-613-2092.

You may also contact us via e-mail at [bereavement@pathwayshealth.org](mailto:bereavement@pathwayshealth.org) to request more information or to RSVP.

All our services are open to the community. There is no fee for these services thanks to generous contributions from the community to **Pathways Home Health and Hospice**.