

2014 Summer Grief Workshop Series

A Pathways Experience in Healing



South San Francisco and Oakland Locations

East Bay – Oakland

Meditation and Grief / Wednesday, June 11th, 6:30-8 pm – Steve Wayer: Discover how bringing your mind, body and breath together, with compassion, can cultivate calm and acceptance. Learn meditation techniques that can help you through the days and months of your grief.



Meditation and Grief / Wednesday, July 9th, 6:30-8:00 pm – Steve Wayer: Discover how bringing your mind, body and breath together, with compassion, can cultivate calm and acceptance. Learn meditation techniques that can help you through the days and months of your grief.

“Expressing Your Grief through Meaningful Memories” / Thursday, July 10th, 6:30-8:00 pm – Thomas Cattoi: Learn how to focus on the positive attributes and memories of your loved one while acknowledging the difficulties and letting go of them.

San Francisco Area – South San Francisco



Writing & Grief / Friday, June 27th, Noon to 1:30 pm Dave Rutschman: Writing is a powerful tool to access, clarify, and express deep emotion. In this workshop we will read poems and short prose reflections by grievers, and write pieces of our own about our particular grief journey. No sharing required

Writing & Grief / Friday, July 25th, Noon to 1:30 pm Dave Rutschman: Writing is a powerful tool to access, clarify, and express deep emotion. In this workshop we will read poems and short prose reflections by grievers, and write pieces of our own about our particular grief journey. No sharing required

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

(Four attendee sign-ups are required to hold a workshop.)

For 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 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.**

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Sunnyvale and South Bay

Origami Crane Creation / Wednesday, June 11th, 7:00 - 8:30 pm - Ann MacLeod:

Learn to create a hanging ornament that acknowledges your grief and uplifts your spirit.



Moving through Grief with Writing / Wednesday, June 18th, 6:30 - 8:00 pm - Michal Sadoff & Kris Geiger:
Explore ways to collect thoughts, reflect on feelings and record memories as you move through your grief. The workshop will be both informational and experiential. No sharing required.

Contemplative Nature Walk / Friday, June 20th, 9:30 - 11:00 am - Alison Turner & Cheryl Seltzer: Renew yourself in the wonder and beauty of nature. Join us for a gentle walk intended to awaken the senses and support the journey through grief and change. Discussion will follow. Location: Menlo Park with details provided upon registration.

Finding Calm in the Middle of Chaos / Sunday, June 22nd, 1:00 - 2:30 pm - Cheryl Seltzer:
Together we will explore how to listen to our bodies to become more relaxed, grounded and connected to our innate wisdom. Open to Pathways staff and clients, as well as community members.

You're Not Alone: Reading, Sharing & Grief

Tuesday, June 24th, 12:15 – 1:45 pm *Chapters 1 & 2*

Tuesday, July 22nd, 12:15 – 1:45 pm *Chapters 3 & 4*

You are welcome to attend either or both sessions.

Elaine Gee-Wong & Kris Geiger: When we read and hear about others' grief, it can help us feel less alone in our own grief. In these sessions, we will use the book *About Grief: Insights, Setbacks, Grace Notes, Taboos* by Ron Marasco and Brian Shuff (please purchase book or borrow from a local library), as a springboard for our discussion. Please read the assigned chapters and come prepared to share a passage you liked/disliked.

Helping Grieving & Overwhelmed Families with Organizational Challenges

Friday, July 18th, 10:00 am – 12 noon

In a panel discussion followed by Q & A, **Lisa Mark, CPO, Judy Ott and Jeanne K. Smith**, Professional Organizers and members of National Association of Professional Organizers (NAPO), will offer many areas of their combined expertise helpful for those facing grief in their family.

Memorial Garden / Sunday, July 27th, 3:00 - 5:00 pm - 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 us to laminate a small photo please send it, by July 10th, to Vivian Shults at Pathways, 585 N. Mary Ave., Sunnyvale, CA 94085*



Guided Imagery / Saturday, August 9th, 10:00 am - 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.

Sit/Standing Exercise / Saturday, August 23rd, 10:00 am - Noon - **Vicki Panagotacos**: Sitting and standing exercises to soften anxiety and lift the sense of dread that comes with grieving the loss of a loved one. Appropriate for all ages. Wear comfortable clothing, no floor work.

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

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