

Grief 101

An Online Drop-In Session

Offered the 1st & 3rd
Wednesday of the Month
12:00pm - 1:30pm by Zoom

Call 707-568-1094, ext. 140
to receive link to attend



In this psycho-education class, attendees will:

- Learn about common grief reactions: emotional, physical, social, spiritual, mental, and behavioral
- Receive information about the “Tasks” of grief and typical grief cycle
- Gain an understanding of grief process
- Practice coping skills/tools that help
- Have their experience “normalized” and supported
- Have their questions answered by a grief specialist
- And, if indicated, receive information on helping kids through grief

Providence Hospice Sonoma County Bereavement Services offers counseling and education free of charge to community members who have experienced the death of a family member or friend.

For more information, call (707) 568-1094, ext. 140
Locations in Petaluma & Santa Rosa | Mon - Fri 9am to 5pm

Donations for services are graciously accepted.

If you are in a mental health crisis, contact Sonoma County Crisis Line at (707) 576-8181 or call 988.