



## Programs & Services

**Grief Talk:** Six-week grief support groups led by professional staff. In a safe environment, confidentiality is honored and those who attend will:

1. Obtain new insight about the grief process
2. Experience understanding and support
3. Acquire new coping tools
4. Find comfort and hope for healing

**WHEN:** Call for dates & to register.

**COST:** \$120 per six-week series to help cover a portion of the cost. Payment plans, sliding scale fees and some scholarships are available.

**Public Forums:** Held twice quarterly in Auburn, these free forums provide individuals with an opportunity to learn about grief and loss. No registration necessary.

**WHEN:** Daytime: 10:30 a.m.—Noon      Evening: 7:00 p.m.—8:30 p.m.

Call for dates

**COST:** There is no cost to attend.

**Enumclaw Support Groups:** *GriefWorks* staff facilitate two support groups at the Enumclaw Public Library, 1700 1st St. There is no cost or pre-registration for these twice-monthly groups, which are sponsored by Enumclaw Regional Hospital. For information, call (360) 825-2505 or **GriefWorks**.

**GRIEF SUPPORT GROUP:** First and third Wednesday of each month, 1 to 2:30 p.m.

**CAREGIVERS SUPPORT GROUP:** First and third Thursday of each month, 1 to 2:30 p.m.

**Kid Talk and Teen Talk:** Kid Talk and Teen Talk are six-week grief support groups led in area schools. School-based support groups provide immediate support for grieving children and on-the-job training for school counselors (thus equipping them to offer grief support groups in the future).

**WHEN:** Dates are determined based upon need

If you think that your child would benefit from attending a Kid Talk or Teen Talk group, please pass this information along to the school counselor. When grant funding is available, we are able to offer these services to schools at no cost or at a significantly reduced cost.

**Family Grief Retreat:** This is a one-day family retreat opportunity for families, including adults and children (ages 5 to 18) who have had a family member or friend die in the past two years. It will include separate and combined groups for adults and children. Adult groups will focus on parenting children who are experiencing grief, while being aware of simultaneous adult grief. Children will participate in storytelling, art activities, memorial rituals, and make mementos.

**WHEN:** Call to register your family for this special Saturday event. The date will be determined when needed slots are filled.

**COST:** \$20/person. Snacks, and beverages will be provided (participants are asked to bring sack lunches.) Payment plans, sliding scale fees, and some scholarships are available.

### About *GriefWorks*

The mission of **GriefWorks** is to serve as a bereavement resource providing education and support for people grieving a death or seeking to understand the grief process. Since 1998, we have provided healing and hope to more than 10,000 children, teens and adults who experienced a devastating loss.