



Programs & Services

Winter & Spring 2009

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: Winter Evening Series: Tuesdays, January 23 through March 3, 6:30-8 p.m.
Winter Daytime Series: Mondays, February 23 through March 30; 12:30 p.m. – 2 p.m.
Spring Evening Series: Tuesdays, March 17 through April 21, 6:30-8 p.m.
Spring Daytime Series: Mondays, April 13 through May 11; 12:30 p.m. – 2 p.m.

WHERE: Evergreen Community Center, 4910 A Street SE, Auburn, WA

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

* Please call to register.

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.
December 9, 2008 December 11, 2008
February 3, 2009 February 5, 2009
May 5, 2009 May 7, 2009

WHERE: Evergreen Community Center, 4910 Auburn Way SE, Auburn, WA

TOPIC: December 9th and 11th *Grief and Surviving the Holidays*
February 3rd and 5th *Is it Grief or Depression?*
May 5th and 7th *The Impact of Grief on Other Relationships*

COST: There is no cost to attend.

For more information, call **GriefWorks** at (253) 333-9420 or email us at info@griefworks.org.

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.

GriefWorks Family Night Series: This six-week series offers grief education and support for all ages:

- ⊗ Kid Talk (ages 6-12)
- ⊗ Teen Talk (ages 13-18)
- ⊗ College Talk
- ⊗ Parent Talk

WHEN: Winter Session: February 26 through April 2, 2009

Spring Session: April 30 through June 4, 2009

6:15 p.m.—8:15 p.m.

The Family Night Series can accommodate ten families.

WHERE: Evergreen Community Center, 4910 A Street SE, Auburn, WA

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

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

WHERE: Pierce & King County Schools

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.

***Please call or e-mail us for more information.**

Winter Institute: *GriefWorks* is pleased to partner with The National Center for Death Education to offer these professional workshops featuring internationally renowned experts. The next Winter Institute will be in the Winter of 2010. Watch for announcements with dates and registration information. Continuing education credits will be available.

For more information or to receive a brochure with the workshop details, please e-mail us at info@griefworks.org.

Camp GriefWorks: 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: January 24, 2009

WHERE: To be determined.

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.

***Please call to register, or e-mail Debbie@GriefWorks.org.**

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.