

COMFORT & SUPPORT

GRIEF is a normal reaction to loss. It is a natural, universal and often stressful experience. Following the loss of a loved one, grief counseling helps us adapt to changes in our lives.

OUR COMMUNITY GRIEF COUNSELING PROGRAM

provides comfort, education and support by professional counselors, so that families, adults, teens and children can move toward a healthy adjustment to life before and after the death of someone significant in their lives.



HOSPICE
BY THE BAY

Caring for Generations

MARIN COUNTY

17 East Sir Francis Drake Blvd.
Larkspur, CA 94939
Grief Counseling: (415) 526-5699
Main: (415) 927-2273

SAN FRANCISCO & NO. SAN MATEO COUNTIES

1902 Van Ness Ave., 2nd Floor
San Francisco, CA 94109
Grief Counseling: (415) 526-5699
Main: (415) 626-5900

SONOMA COUNTY

190 West Napa St.
Sonoma, CA 95476
Grief Counseling: (707) 931-7299
Main: (707) 935-7504

griefsupport@hbtb.org

www.hbtb.org

GRIEF COUNSELING FOR FAMILIES, ADULTS & YOUTH



HOSPICE
BY THE BAY

Caring for Generations

*Serving Marin, San Francisco,
Northern San Mateo and Sonoma counties*



PROFESSIONAL GRIEF COUNSELING AND EDUCATION

Open to anyone in the community who is grieving a loss

INDIVIDUAL COUNSELING

Support and guidance in coping with loss throughout the grief process are available from our professional counselors, before and following the death of a loved one.

SUPPORT GROUPS

Support groups provide emotional support, time to share feelings, education about the grief process, and ways to cope with loss. Some meet once a week for several weeks and others are one-time workshops.

Call the Hospice By The Bay office nearest you for the support group schedule, or view the calendar on our website, [www.hbtb.org/Grief & Loss](http://www.hbtb.org/Grief%20&%20Loss).



YOUTH PROGRAM

For grieving children and teens, ages four to 17, individual and family counseling and support groups are available. The creative arts and play are often used to help children express emotions.

Grieving youth can also attend our annual, free, weekend summer camp, which combines healing therapy and recreation.

School support groups are offered for students and/or faculty after a shared loss.

GRIEF EDUCATION

Our counselors offer community and school presentations about the grief process, finding support, identifying the effects of grief and ways to adjust to loss, and youth and grief. Printed materials are available.

SERVICE OF REMEMBRANCE

Yearly community gatherings are held to honor the memory of those who have died. They offer comfort as join with others in remembering loved ones.

INFORMATION AND REFERRAL

Counseling staff can provide information about community resources for chronic illness, end-of-life care and grief support by phone.

SUPPORT FOR ALL MEMBERS OF THE COMMUNITY

Family members of patients cared for by Hospice By The Bay are eligible for some services free of charge.

All community members are eligible for services on a sliding fee scale. Some pro bono spaces are open to those who qualify.



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