



Willamette
Vital Health

GRIEF CARE

NOVEMBER 2023 – JULY 2024

To reach us, call
503.588.3600
and ask for Grief Care.

Grief *Support* Group Schedule

All groups are normally held at

Willamette Vital Health, 1015 3rd Street NW, Salem, Oregon 97304

There is no charge to attend and all are welcome. Call 503.588.3600 for more information.

Willamette Vital Health offers a variety of adult, child, and family support groups. These groups are designed to encourage, educate, and empower you as you grieve the death of a loved one. Short-term individual grief counseling may also be available. Call for more information.

Drop-In Grief Support Groups

Weekly drop-in grief groups are available to any adult seeking support after the death of a loved one. Explore the grieving process in a safe, supportive environment. Meet with others to find support and understanding for the challenges of life after death. No registration necessary.

Drop-In Grief Discussion Group

Wednesdays, 5:30 – 6:30 pm

Thursdays, 1:00 – 2:00 pm

Drop-In Creatively Expressing Grief Group

2nd Wednesday of the month 1:00 – 2:00 pm

Explore your grief through a variety of creative activities when words alone seem inadequate.

Multi-Week Groups

**Registration is required
for multi-week groups.**

Call Grief Care at 503.588.3600.

For Adults

Tuesdays, Nov 14-Dec 19, 6:00 – 7:30 pm

Tuesdays, Feb 27 – April 2, 1:00 – 2:30 pm

Tuesdays, June 4 – July 9, 6:00 – 7:30 pm

For Adults, Families & Children (ages 6+)

**Tuesdays, January 9 – February 20
6:00 – 7:30 pm**

**Tuesdays, April 2 – May 14
6:00 – 7:30 pm**

Experience. AT YOUR SIDE.

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Events & Workshops

SAVE THE DATE

Coping with the Holidays

Saturday, November 18 • 9:00 am – 12:00 pm

The holidays can be difficult after a loss. We invite you to connect with others experiencing a loss as you learn together how to navigate the holidays through your individual grief journey. We will honor loved ones through a memorial craft for you to take home. Youth ages 6+ are welcome and will participate in age-appropriate activities separate from adults for part of the event. There is no cost, but please call to register to ensure we have adequate supplies.

Winter Remembrance Concert

Thursday, December 7, 6:00 - 7:00 pm
Salem Library's Louck's Auditorium

The Winter Remembrance Concert is a free, family-friendly holiday concert, including music from numerous winter holiday traditions and time to honor our loved ones who have died. We invite all to enjoy the music of the holidays even as we feel the loss of those we miss.

Camp Mighty Oaks

Saturday, July 20, 2024
At Oregon 4-H Center in West Salem

A day of fun and remembrance for families with children ages 6 – 17 who have experienced the death of a loved one. Campers enjoy fun-filled activities that promote hope and healing. Call Grief Care Services for more information or to register. Cost is \$20. Scholarships are available. Registration must be received by July 7.



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