

Virtual Grief Support Services

Our grief services team continue to offer support via phone and video.

All grief services are free of charge.

Adult Grief Support

Provided by licensed counselors, interns or trained grief support volunteers. Available in English and Spanish.

Children, Teen & Family Support

Grief counseling, family support, guidance and professional consultation.

Adult Group Support

Virtual groups offered as closed 8-week sessions and open, drop-in groups. **Pre-group interview and registration required.**

Resources, Referrals & Consultation

Our team can provide articles, community resources, referrals to other support services, and consultation on the grieving process.



Grieving During a Pandemic: When Nothing is Normal

Focus on extreme self-care: Eat, drink water, take breaths, slow down.

Try for compassion for yourself and patience for others.

Expect layers of shock and a range of emotions. All are normal.

Preserve energy. Normal activities take longer and are draining. May become overstimulated easily. The body feels the impact in many ways.

Utilize small practices of comfort, dedicated small moments to honor the losses.

Please call for more information:

PETALUMA

Hospice of Petaluma

(707) 778-6242

SANTA ROSA

Memorial Hospice

(707) 568-1094

HEALDSBURG

North County Hospice

(707) 431-1135

www.sonomacountyhospice.org