



Bereavement Support Groups

A Plus Hospice Care is here to support you through the loss of your loved one. Our Bereavement Program offers a variety of options tailored to give you the opportunity to choose the level and amount of bereavement care that is best for you.

We provide individual counseling sessions for family members whose loved ones have been on our service as well as bimonthly groups, monthly workshops and quarterly bereavement self-care intensives for anyone in the community that has experienced the death of a loved one.

Our bereavement services are all at no cost. **All activities are held at our Reno office, 227 Vine St.**

Bi-Monthly Group Meetings:

On the **First and Third Tuesdays** of every month, we provide an open forum support group to share our feelings as we move through the grieving process. **2:30-4:00 pm**

Monthly Workshops (see workshop details on back page):

April-Friday, April 26, 2019 at 2:00 pm

May-Friday, May 24, 2019 at 2:00 pm

June-Friday, June 28, 2019 at 2:00 pm

First Quarter Self-Care Intensive: Wednesday, June 12, 2019 at 10:00 am



April Bereavement Workshop

**Prayer Flags “Written on the Wind”
Friday, April 26, 2019 at 2:00 pm**

Prayer flags have graced the Tibetan Himalayan mountain sides for many centuries supporting the prayers of the local people. As the wind moves across the flags, the prayers and blessings release their message into all-pervading space and bring a sense of peace to all sentient beings. We will be learning more about these little squares of hope, and you will be creating your own to support your path of healing after the loss of a loved one.

May Bereavement Workshop

**Nature Mandalas “Creating a Peaceful Center”
Friday, May 24, 2019 at 2:00 pm**



The word Mandala means "circle." Circles represent wholeness and eternal life. They remind us that the bonds with our loved ones, who have passed, are ongoing and without end.

Many are surprised to learn that nature inspired the creation of mandalas! The circular motif and symmetrical geometry is found everywhere in the natural world. Some of the most commonly recognized natural mandalas include: flowers, ferns, shells, fruits, snowflakes, spider webs, and our eyes-the windows to the soul.

In this workshop, we will connect to the healing properties of nature as we create personal mandalas that represent our lives and the continuum of eternal life.



June Bereavement Workshop

**Continuing Bonds “Healthy Living With Loss”
Friday, June 28, 2019 at 2:00 pm**

The term “continuing bonds” is relatively new in the world of grief recovery. Unlike older grief models, it embraces the philosophy of not putting the relationship that you shared with your loved one on a shelf but taking all the love and experiences that you shared and move forward with them. This includes acknowledging your loved one is still very much with you, although not in physical form, and that they still play an important role in your life. In this workshop we will explore healthy ways to continue and grow our relationships with loved ones who have passed.