

GRIEF CONNECTIONS

Summer Workshop Series

Join Talbot Hospice this summer for a series of supportive workshops designed to help individuals navigate grief, loss, caregiving, and healing.



Ongoing Groups

Healing Through Yoga

Tuesdays | 8:45 am

Gentle chair yoga with Beth Hobson focused on relaxation, healing, and emotional well-being.

**Creates Ritual
Provides a Safe Space
Calms the Nervous System
Releases Physical Tension**

No experience necessary.

★ Call or email to reserve your spot



July Workshops



July 9th | 7:30 am - 8:00 am
Finding Light Along the Path

A guided reflective walk offering space for remembrance and connection.



July 13th | 9:30 am - 10:30 am
Cultivating Hope in Times of Grief

Explore the therapeutic benefits of gardening while connecting with others navigating loss.



July 15th | 7:00 pm - 8:00 pm
Child Loss Support Group

For parents who have experienced the death of a child of any age.



July 16th | 1:00 pm - 2:00 pm
Mindfulness and Grief

Learn simple mindful practices to help reduce overwhelm and find peace in the present moment.



July 20th | 12:00 pm - 1:30 pm
Writing Through Grief

Using therapeutic journaling as a tool for healing.



July 21st | 11:00 am - 12:30 pm
One Plate, Many Possibilities

Practical tips and inspiration for cooking nutritious, enjoyable meals for one.



July 27th | 12:00 pm - 1:00 pm
Caregivers Support Group

A welcoming space for caregivers to connect.



July 28th | 5:00 pm - 6:00 pm
Grief Support Group

A safe and compassionate space to share experiences.



August Workshops



August 10th | 4:30 pm - 6:00 pm
Writing Through Grief

Using therapeutic journaling as a tool for healing. No writing experience is necessary, just a willingness to put pen to paper and explore the healing potential of your own story.



August 13th | 7:30 am - 8:00 am
Finding Light Along the Path

Join us for a gentle 30-minute guided walk designed to provide space for reflection, remembrance, and connection. Connect with participants and explore ways to honor their grief while noticing sources of comfort, strength, and light along the path forward.



August 24th | 12:00 pm - 1:00 pm
Caregivers Support Group

This support group offers a welcoming space for caregivers to connect. Participants will have the opportunity to share experiences, exchange practical resources, gain emotional support, and strategies for self-care while caring for others.



August 26th | 5:00 pm - 6:00 pm
Grief Support Group

Grieving the loss of a loved one can feel overwhelming and isolating. This supportive group provides a safe and compassionate space to share experiences, express emotions, and connect with others who understand the challenges of loss.

(Please note this group will now be held on the 4th Wednesday of each month)

