

“Journey of Grief” Support Group

This six-week support group provides a safe, confidential time and place for people to learn about grief and loss after the death of a loved one. Please call 425-640-4404 to register.

Daytime Group:

Tuesdays, May 22 through June 26
2:00-3:30 PM
Auditorium A

Evening Group:

Wednesdays, April 25 through May 30
6:00-7:30 PM
Third Floor Conference Room

Traumatic Loss Support Group

This eight-week group is for those who have experienced a loss that is sudden and traumatic (e.g. car accident, drowning). Registration and an intake interview is required for interested participants. To register, and find out more information, please call the Bereavement Coordinator at 425-640-4404. Wednesday evenings beginning in September.

Survivor of Suicide Support Group

This eight-week group is for family members and friends who have lost a loved one to suicide. Registration and an intake interview is required for interested participants. To register, and find out more information, please call the Bereavement Coordinator at 425-640-4404. Tuesday evenings beginning in September.

P.S./Parent Support

P.S./Parent Support is a drop-in support group for parents who have experienced miscarriage, stillbirth or infant loss. If you have any questions about the group or the P.S. organization, please call the Bereavement Coordinator at 425-640-4404, or P.S. Co-President/Facilitator Abbie Poynter at 206-367-3991.

Third Floor Conference Room

April 18, Wednesday
7:00-9:00 P.M.

July 18, Wednesday
7:00-9:00 P.M.

May 16 Wednesday
7:00-9:00 P.M.

August 15, Wednesday
7:00-9:00 P.M.

June 20, Wednesday
7:00-9:00 P.M.

Newsletter Mailing List

Every effort is made to keep our mailing list current. Please let us know if any corrections to your name or mailing address need to be made. If you wish to be removed from the mailing list, please call 425-640-4404.

Bereavement Coordinator: Kathleen Albin, MA, LMHC, FT • 425-640-4404 • kathy.albin@swedish.org • www.swedish.org

Edmonds, WA 98026
21601 76th Ave. West

Edmonds

SWEDISH



Bereavement Program



Spring/Summer 2012 Bereavement Program Schedule

Healing after a loss is often a long and difficult journey. Swedish/Edmonds (formerly Stevens Hospital) offers groups and events that support people experiencing the grief that follows the death of a loved one. All parts of the program are offered as a service to the community and are free of charge. Unless otherwise noted, all groups and events are held at Swedish/Edmonds Hospital, 21601 – 76th Avenue West, Edmonds. If you have any questions about the program, or would like to register for a group, please call the Bereavement Coordinator, Kathy Albin, at 425-640-4404.

The Early Days of Grief

While grief is fresh, every attempt to divert it only irritates. —Samuel Johnson

This monthly drop-in group is for those who are in the first year of their mourning after the death of a loved one. It will provide an overview of grief responses and coping ideas.
Auditorium C, Fourth Floor

April 11, Wednesday

6:30-8:00 P.M.

May 9, Wednesday

6:30-8:00 P.M.

June 13, Wednesday

6:30-8:00 P.M.

July 11, Wednesday

6:30-8:00 P.M.

August 8, Wednesday

6:30-8:00 P.M.

Drop-in Grief Support Group

Offered two times each month, this group does NOT require registration. You may attend once, or as often as you wish, for as long as two years.

Auditorium C, Fourth Floor

April 3, Tuesday

2:30-4:00 P.M.

April 17, Tuesday

2:30-4:00 P.M.

May 1, Tuesday

2:30-4:00 P.M.

May 15, Tuesday

2:30-4:00 P.M.

June 5, Tuesday

2:30-4:00 P.M.

June 19, Tuesday

2:30-4:00 P.M.

July 3, Tuesday

2:30-4:00 P.M.

July 17, Tuesday

2:30-4:00 P.M.

August 7, Tuesday

2:30-4:00 P.M.

August 21, Tuesday

2:30-4:00 P.M.

*Spring leads ever
so naturally and
comfortably into
Summer.*

*New shades of green
appear...*

*The sun stays longer
than before...*

*There is a sense of
renewed vitality.*

*What happens
around you in
nature can also*

*happen within you
in your grief.*

*Something begins
to take root
and hold.*

*Something quickens
with life.*

*But this is more
than just something
within you.*

It is you.

*—James E. Miller, "Winter
Grief, Summer Grace"*



**More programs
continued
on next page**