

COUNSELING
MEMORIALS
SUPPORT
WORKSHOPS



PATHWAYS
HOME HEALTH HOSPICE PALLIATIVE CARE

Grief is just love with no place to go

Grief Support Overview

If you or someone you know, would like grief support due to the death of a loved one, Pathways Provides Support for Counseling, In-Person and via Zoom

The Pathways Foundation underwrites Pathways bereavement services. Donations designated for bereavement services are always encouraged and welcomed.

Email for More Information bereavement.pathways@commonspirit.org

Grief support groups start every 6 weeks from the 2nd week of September and continue until June with some groups continuing in the summer weeks.

Next Group starts on **April 20th 2026**

Ongoing Groups - on Zoom

Group	Day and Time <small>(Days and Times subject to change)</small>
1st & 2nd Year Partner Loss	Monday, 2:00 - 3:30 PM
2nd Year Partner Loss	Monday, 6:00 - 7:30 PM
3rd Year Partner Loss	Every other Wednesday, 6:30 - 7:30 PM
3rd Year Partner Loss	Thursday, 6:00 - 7:30 PM
Adult Child Loss	Thursday, 4:30 - 6:30 PM
Parent Loss	Wednesday, 6:00 - 7:30 PM

Afternoon of Remembrance Memorial Service (in-person)

Sunday May 17, 2026 - 2 – 3:30 pm

Skylawn Memorial Park, San Mateo

bereavement.pathways@commonspirit.org

For individual and Group support, or memorial services information

Please contact *Tom May* 408-773-4329.

Serving the Peninsula, Sunnyvale and South Bay, East Bay, San Francisco and Redwood City, including six counties: Alameda, San Francisco, San Mateo,

Santa Clara and Western Contra Costa County

Our Bereavement Support Services

Grieving is a difficult task. Pathways recognizes each person has the need to work through their grief in various ways and we offer the following types of support services:

FOUR PAMPHLETS “PATHWAYS THROUGH YOUR GRIEF”

We have developed a series of 4 pamphlets that are designed to offer supportive information to help guide the griever through the 1st year after their loss.

ADDITIONAL GRIEF MATERIAL AVAILABLE

In our offices, we have the following materials available: Bereavement Guides and booklets, children and families support materials and our bereavement library with books and CDs.

SUPPORT GROUPS AND INDIVIDUAL COUNSELING

From September into the summer, Pathways provides support groups for the loss of a parent, a partner, or an adult child as well as general grief groups for any type of loss, all via Zoom. Groups examine common issues such as coping skills, loneliness, anger, “normal” grief, and lifestyle changes. Our professional individual grief counseling is offered in-person and via Zoom. Periodically we have offered HeARTful Arts and grief support groups for children ages 5 to 18.

MEMORIAL SERVICES AND WORKSHOPS

Celebration of Light - This memorial service brings light and warmth to the winter season on the 1st Sunday in December by remembering loved ones with music, readings and a candle-lighting ritual. This offering will be in-person with more details to follow.

Afternoon of Remembrance - Memorial Day, graduations, and Mother’s and Father’s Days often remind us of the absence of loved ones. The 3rd Sunday in May, Pathways holds a memorial service to foster renewal and growth using music, readings, and the creation of a flower bouquet building ritual. This offering will be in-person with more details to follow.

Pathways Through the Holidays - As winter holidays approach, grieving families sometimes struggle; the world celebrates and they grieve. We offer information on how to cope, receive support, honor and remember loved ones. This printed material is available by request.

For additional information on the services that we provide:

www.pathwayshealth.org

Pathways grief support services are at no cost. Donations to the Pathways Foundation are encouraged and appreciated, to ensure Pathways’ continued grief support to the communities we serve. Please indicate that your gift is in memory of someone or in honor of our bereavement services.

Thank you