

**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,  
Please contact us.

Pathways Is Providing Support In-Person Counseling and via Zoom Video  
The Pathways Foundation underwrites Pathways bereavement services for up to 13  
months following a death. Donations designated for bereavement services are  
always encouraged and welcomed.

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

Email for More Information

[bereavement.pathways@commonspirit.org](mailto:bereavement.pathways@commonspirit.org)

**Groups Below are only available on Zoom**

**Days and Times subject to change**

**1<sup>st</sup> Year Partner Loss  
Monday 2 - 3:30**

**1<sup>st</sup> Year Partner Loss  
Monday 6 - 7:30**

**Parent Loss  
Wednesday 6 - 7:30**

**2<sup>nd</sup> Year Partner Loss  
Mondays 6 - 7:30**

**Adult Child Loss  
Wednesday 6 - 7:30  
CALL on-hold**

**3<sup>rd</sup> Year Partner Loss  
every other Wednesday  
6:30 - 7:30**

**NEW 3<sup>rd</sup> Year Partner Loss  
Tuesday 6 - 7:30**

**Celebration of Light Memorial Service  
In-Person Sunday December 7, 2025 - 2 – 3:30 pm  
Skylawn Memorial Park, San Mateo  
[bereavement.pathways@commonspirit.org](mailto: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 Counties in the Northern Bay Area**

## **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 1<sup>st</sup> 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](http://www.pathwayshealth.org)**

Pathways grief support services are at no cost. Donations are encouraged and appreciated made to the Pathways Foundation 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