



Willamette
Vital Health

GRIEF CARE

JUNE 2023 – DECEMBER 2023

To reach us, call
503.588.3600
and ask for Grief Care.

Events & Workshops

SAVE THE DATE

Camp Mighty Oaks

Saturday, July 15, 2023 • 8:30 AM to 7:00 PM

At Oregon 4-H Center in West Salem

A day of fun and remembrance for families with children ages 6 – 17 who have experienced the death of a loved one in the past two years. Campers enjoy fun-filled activities that promote hope and healing. Call Grief Care Services for more information or to register. Cost is \$20. Scholarships are available. Registration must be received by July 7.



Reflections on the River

Thursday, September 7, 2023

from 7:30 – 9:00 PM at Salem's Riverfront Park

This event helps us honor, celebrate and remember our loved ones who have died. Join us for a short program, a self-paced river walk and time of reflection.

Ud. está invitado a nuestro evento anual de luminarias para honrar a los seres queridos fallecidos. Se ofreceremos un programa bilingüe en el anfiteatro de Salem Riverfront Park.



Coping with the Holidays

Saturday, November 18 • 9:00 am – 12:00 pm

The holidays can be difficult after a loss. Join us for a time of learning from an expert speaker with practical suggestions for coping during the holiday season. Stay after for optional holiday memory-making activities for the whole family. Ages 6+ are welcome. Please call to register.



Winter Remembrance and Honoring

December 2023, date and time coming soon

All are invited for a program to honor and remember your loved ones.

Experience. AT YOUR SIDE.

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Grief *Support* Group Schedule

All groups are normally held at

Willamette Vital Health, 1015 3rd Street NW, Salem, Oregon 97304

There is no charge to attend and all are welcome. Call 503.588.3600 for more information.

Willamette Vital Health offers a variety of adult, child, and family support groups. These groups are designed to encourage, educate, and empower you as you grieve the death of a loved one.

Drop-In Grief Support Groups

Weekly drop-in grief groups are available to any adult seeking support after the death of a loved one. Explore the grieving process in a safe, supportive environment. Meet with others to find support and understanding for the challenges of life after death. No registration necessary.

Drop-In Grief Discussion Group

Thursdays (except 2nd Thursday of the month)
1:00 – 2:00 PM

Drop-In Creatively Expressing Grief Group

2nd Thursday of the month 1:00 – 2:00 PM
Explore your grief through a variety of creative activities when words alone seem inadequate.

Multi-Week Groups

**Registration is required
for multi-week groups.**
Call Grief Care at 503.588.3600.

For Adults

Tuesdays, July 25–August 29
6:00 – 7:30 PM

Tuesdays, November 14–December 19
6:00 – 7:30 PM

For Adults, Families & Children (ages 6+)

Tuesdays, September 12–October 24
6:00 – 7:30 PM

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