

STRESSED? NEED SUPPORT?

Groups for the entire community



June 2017

Caregiver Connections- Open to all family care-givers in our community regardless of type of illness or prognosis. The purpose of this group is to provide a format for sharing common experiences and for supporting one another along the difficult path of caregiving. Drop-ins are welcome.

- In Corvallis the second and fourth Tuesday of each month, 1:30-3:00pm; Benton Hospice Service meeting room
- In Lebanon, the first and third Tuesday of each month from 1:30pm to 3:00pm at Lebanon Senior Center, 80 Tangent Street.

Powerful Tools for Caregivers - A 6-week educational program offered four times per year designed to help family caregivers. Learn how to take care of yourself while caring for a relative or friend. You will receive a complimentary copy of the *Caregiver Helpbook* thanks to a generous community grant from OCWCOG Family Caregiver Support Program.

Pre-registration required.

- Summer at the Albany Senior Center, 489 NE Water Ave, Albany, OR. Wednesdays, August 9 through Sept 13, 2017; 1:00 to 3:30 pm. Call Bob or Presley at 541.757.9616 to register.
- Next series in Corvallis; details to be announced.
- Series rotates between Lebanon, Corvallis, Albany and Philomath. Call 541.757.9616 for information or to be added to the contact list for future class.

Grief Education and Support Group — Join us to learn about and work through your grief in this 8-week group offered quarterly with two sections to choose from. *Pre-registration and completion of a brief orientation required for attendance.* Next session information:

Evening Session begins Thursday, July 6 or October 5, 2017; 5:30-7:30 pm

Day Session: begins Friday, July 7 or October 6, 2017; 11:00 am-1:00 pm

Community Grief Support Group – A drop-in group for anyone grieving a death of someone they care about. Explore a new topic each month. Held the second Monday of the month, 5:30-7:00 pm or 11:30 am to 1:00 pm at Benton Hospice Service. A different topic covered each month.

Family Grief Support Group – Ongoing support group for families with children and teens ages 5-18 who have experienced loss. Held the first Wednesday of each month 5:30-7:00 pm at Old Mill Center for Children & Families. Must register and complete a brief questionnaire before attending. Call 541.757.9616 to register.

Community & Family Grief Support – Individual and group grief education and support offered to the Linn and Benton County communities. Call Melissa Allen at 541.757.9616.

Comfort Crafting Circle — Make items for hospice patients and families. Any knitters, crocheters, and crafters from the community are welcome. No experience necessary. In Corvallis the first and third Wednesday of each month, 1-2:00pm; at Benton Hospice Service.

All groups are free of charge!

For information: 541-757-9616 or 800-898-9616

Groups open to anyone in the community regardless of any current or prior hospice participation.

We are pleased to offer donor-supported programs and services. To learn more visit www.bentonhospice.org/donate.

BENTON
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