

Mindfulness Grief Group

FULLY ENGAGING THE JOURNEY THROUGH GRIEF

6-week Series: June 7 to July 12, 2012
San Francisco

Grief—the heart’s natural response to loss—creates a constellation of emotions that deserves great attention and care. This group emphasizes mindfulness and the power of group support to transform the pain of loss from a loved one’s death into growth, healing, and inspiration for the future. Members develop a greater sense of ease and acceptance in day-to-day life as they learn to live with their loss. Each session opens with time to quiet the mind and reflect on one’s grief experience. From there, the group facilitators provide structured time for:

- Group members to express thoughts & feelings about their loss and day-to-day experiences
- The sharing of photos and personal mementos
- Learning about the nature of grief and the journey to healing
- Developing mindfulness-based coping skills to ease one’s adjustment to the loss.
- Thematic discussion and experiential exercises.

Times: Thursday Evenings, 7:00 – 9:00

Dates: 6 Sessions: June 7, 14, 21, 28; July 5, 12

Cost: Suggested donation: \$10-15 per session; no one turned away due to lack of funds

Location: SF Friends (Quaker) Meeting House, 65 Ninth St, San Francisco, an accessible building between Market & Mission Streets, 1.5 blocks from the BART/MUNI Civic Center Station

To Register: To create a cohesive group experience for all, an interview with a group facilitator is required for interested participants. Availability to attend all 6 sessions is essential and required. Please contact Mary Anne Cook at maryannecook@mac.com to arrange an interview.

For more information: Email maryannecook@mac.com

Facilitators:

Jennifer Block, MA is a Buddhist chaplain who provides support to people who are facing the spiritual and emotional issues related to aging, sickness, dying and grief. From 2004-2011, Jennifer served as the Director of Education & Chaplain at Zen Hospice Project, where she successfully led grief groups for many years. From 1998-2004, Jennifer trained in spiritual care at St. Mary’s Medical Center in San Francisco. She completed her undergraduate degree at Boston University (1985), and her theology degree at Naropa University (2000) and was an ordained Interfaith minister in 1998.

Mary Anne Cook trained in family therapy at NYU’s School of Social Work and has a degree in Spiritual Direction from the San Francisco Theological Seminary. She works with hospice patients at Hospice by the Bay, leads support groups throughout the bay area, and has a private practice in Marin County working with clients in a variety of life transitions. She has served as an advisor on end-of-life issues for Commonweal, as an advisor to the Mindfulness Care Center where she facilitates an ongoing grief group, and is on staff at the Pacific Center in San Francisco.