

Free Bereavement Group meetings are offered weekly in both Amador and Calaveras Counties

Bereavement services are available to everyone in the community.



For current Group Meeting dates and times:

In Amador, call 209.223.5500  
In Calaveras, call 209.736.9442  
and ask for our Bereavement Coordinator

Visit our website at:

[www.hospiceofamador.org](http://www.hospiceofamador.org)  
[www.hospiceofcalaveras.org](http://www.hospiceofcalaveras.org)  
and click on *Grief Services*



MAILING ADDRESS:  
PO Box 595  
Jackson, CA 95642-0595

## AMADOR COUNTY

1500 South Highway 49  
Suite 205, Jackson

**209.223.5500**

[www.hospiceofamador.org](http://www.hospiceofamador.org)

Thrift Store:

10776 Argonaut Lane, Jackson  
209.223.4762

## CALAVERAS COUNTY

538 North Main Street  
Angels Camp

**209.736.9442**

[www.hospiceofcalaveras.org](http://www.hospiceofcalaveras.org)

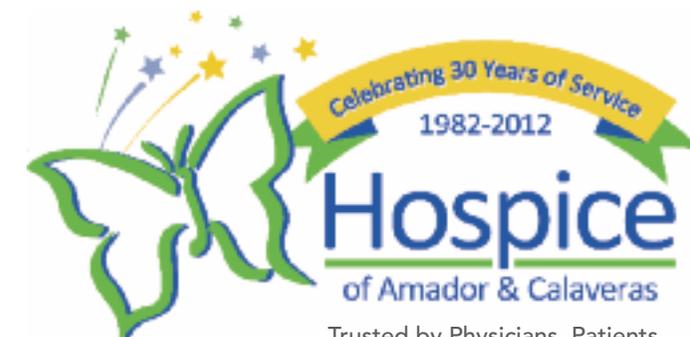
Thrift Store:

570 North Main Street, Angels Camp  
209.736.4830



[www.facebook.com/HospiceofAmadorandCalaveras](http://www.facebook.com/HospiceofAmadorandCalaveras)  
[www.facebook.com/AmadorHospiceThriftStore](http://www.facebook.com/AmadorHospiceThriftStore)  
[www.facebook.com/CalaverasHospiceThriftStore](http://www.facebook.com/CalaverasHospiceThriftStore)

## Bereavement Support



Trusted by Physicians, Patients  
and Families Since 1982

Hospice of  
Amador and Calaveras  
The only non-profit,  
community-based  
hospice serving  
Amador County,  
Calaveras County  
and Rancho Murieta.

Amador: 209.223.5500  
Calaveras: 209.736.9442



Grieving begins when you learn you will lose a loved one. We grieve for the companionship we'll lose and the dreams that won't happen. We see that our lives will be changed forever.

Grief is a natural part of life that people express and process in their own ways and Hospice of Amador & Calaveras is here to help.

*Grief shared is grief diminished.  
When you need us...we'll be here!*

You don't have to deal with your loss alone. Learning all you can about grief normalizes your experience, reduces fear and anxiety, and promotes healing.

Weekly bereavement support groups are available for anyone needing group support in their healing process. Bereavement groups are open to anyone in the community and there is no fee.

### Free Community Services

- Adult bereavement groups
- Specialized support for children
- Telephone support
- Resource information
- Educational and support materials
- Memorial services

Families of Hospice of Amador & Calaveras patients also receive a free 13 month program that includes the following services:

- Cards and literature packets
- Individual counseling
- Family meetings
- Home visits



### How we help

**"How can a support group help me?"**

Grief groups provide a safe place for you to share your feelings in confidence and to talk about ways to cope. Whether you are dealing with the loss of a spouse, parent, child or friend, you do not have to deal with your loss alone.

**"I've never gone to a support group. I think I would be more comfortable talking about my sadness, one-on-one, with a friend or relative."**

Talking with a trusted friend or relative is a good thing, but as personal as each loss is, in a group environment you will immediately recognize that you have many things in common with the other participants.

**"I feel like I'm losing my mind. I'm so lonely and have such guilt because of the things I did or did not do."**

Hearing others say "So do I" will reassure you that what you are feeling is "normal" and that you are not alone.

**"I am an open wound most of the time, but at other times I'm reluctant to expose my feelings. I'm afraid people won't appreciate the depth of my loss."**

Grief groups provide a safe place for you to share your feelings in confidence and talk about ways to cope with others who have had a similar experience.

### Community Partners



WE HONOR VETERANS

We Honor Veterans is a national program that strives to provide better care for the veterans we proudly serve.



National Board for Certification of Hospice and Palliative Nurses

Certification is highly valued and provides formal recognition of having achieved a standard of knowledge in the specialty of hospice and palliative care

