

*Offered by Hospice SLO County in partnership with the San Luis Obispo Museum of Art*

## Grief & Growth Support Group

### *Tending grief, cultivating growth*

Join a free community grief support program for adults in SLO County ages 18-24.

#### Dates & Time:

Tuesdays from January 6, 2026, to March 10, 2026  
5:00 p.m. to 6:30 p.m.

#### Location:

All meetings will be held at the San Luis Obispo Museum of Art  
1010 Broad Street in downtown SLO (on the west end of Mission Plaza)

#### What to expect:

- Connect with others
- Explore grief through art, writing, movement, and nature activities
- Find coping tools and community support
- Participate in small, guided, and confidential group sessions led by trained Hospice SLO County grief counselors.

Pre-registration is required. For more information, contact Jamie at [hospice@hospiceslo.org](mailto:hospice@hospiceslo.org) or call 805.544.2266. Visit [www.hospiceslo.org](http://www.hospiceslo.org) for details.

Donations are welcome.

