



# WELL-BEING Services for:

Patients \* Caregivers \* Loved Ones

# Sept. 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1	2	<b>Physical limitation</b> 3 6:15 pm – 7:00 pm <b>PART II</b> Depression & Anxiety 7:15pm – 8 pm	4	5	6
7	8	<b>Provider Support</b> 9 11:30 am – 12:15 pm	<b>Caregiving</b> 10 6:15 pm – 7:00 pm <b>PART II</b> Change & Transition 7:15pm – 8 pm	11	12	13
<b>Grief Journeys</b> 6:30 pm – 7:30 pm Online meeting only	<b>Parent Loss Group</b> 6 pm – 7:30 pm	<b>Men's Support</b> 6:30 pm – 7:30 pm On-site starts 6:15pm	<b>Change &amp; Transition</b> 7:15pm – 8 pm	<b>Learn &amp; Share</b> 6:30 pm – 7:15 pm	WORKSHOP/WEBINAR TBD	WORKSHOP/WEBINAR TBD
14	15	<b>Provider Support</b> 16 11:30 am – 12:15 pm	<b>Physical limitation</b> 17 6:15 pm – 7:00 pm <b>PART II</b> Depression & Anxiety 7:15pm – 8 pm	18	19	20
<b>Grief Journeys</b> 6:30 pm – 7:30 pm Online meeting only	<b>Parent Loss Group</b> 6 pm – 7:30 pm	<b>Men's Support</b> 6:30 pm – 7:30 pm On-site starts 6:15pm	<b>Depression &amp; Anxiety</b> 7:15pm – 8 pm	<b>Learn &amp; Share</b> 6:30 pm – 7:15 pm	WORKSHOP/WEBINAR TBD	WORKSHOP/WEBINAR TBD
21	22	<b>Provider Support</b> 23 11:30 am – 12:15 pm	<b>Caregiving</b> 24 6:15 pm – 7:00 pm <b>PART II</b> Change & Transition 7:15pm – 8 pm	25	26	27
<b>Grief Journeys</b> 6:30 pm – 7:30 pm Online meeting only	<b>Parent Loss Group</b> 6 pm – 7:30 pm	<b>Men's Support</b> 6:30 pm – 7:30 pm On-site starts 6:15pm	<b>Change &amp; Transition</b> 7:15pm – 8 pm	<b>Spousal Loss Group</b> meets every Thurs morning 9/10, 9/17, 9/24 10 am – 11:30 am <b>Continues 5 weeks</b> <b>more in OCT – see</b> <b>Oct schedule below</b>	WORKSHOP/WEBINAR TBD	WORKSHOP/WEBINAR TBD
28	29	<b>Provider Support</b> 30 11:30 am – 12:15 pm				
<b>Grief Journeys</b> 6:30 pm – 7:30 pm Online meeting only	<b>Parent Loss Group</b> 6 pm – 7:30 pm	<b>Men's Support</b> 6:30 pm – 7:30 pm On-site starts 6:15pm				



# WELL-BEING Services for:

Patients \* Caregivers \* Loved Ones

# Oct. 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			Physical limitation 1 6:15 pm – 7:00 pm PART II Depression & Anxiety 7:15pm – 8 pm	2	3 WORKSHOP/WEBINAR TBD	4
5	6	Provider Support 7 11:30 am – 12:15 pm	Caregiving 8 6:15 pm – 7:00 pm PART II Change & Transition 7:15pm – 8 pm	9	10 WORKSHOP/WEBINAR TBD	11
Grief Journeys 6:30 pm – 7:30 pm Online meeting only	Parent Loss Group 6 pm – 7:30 pm	Men's Perspective 6:30 pm – 7:30 pm On-site starts 6:15pm				
12	13	Provider Support 14 11:30 am – 12:15 pm	Physical limitation 15 6:15 pm – 7:00 pm PART II Depression & Anxiety 7:15pm – 8 pm	16	17 WORKSHOP/WEBINAR TBD	18
Grief Journeys 6:30 pm – 7:30 pm Online meeting only	Parent Loss Group 6 pm – 7:30 pm	Men's Perspective 6:30 pm – 7:30 pm On-site starts 6:15pm				
19	20	Provider Support 21 11:30 am – 12:15 pm	Caregiving 22 6:15 pm – 7:00 pm PART II Change & Transition 7:15pm – 8 pm	23	24 WORKSHOP/WEBINAR TBD	25
Grief Journeys 6:30 pm – 7:30 pm Online meeting only	Parent Loss Group 6 pm – 7:30 pm	Men's Perspective 6:30 pm – 7:30 pm On-site starts 6:15pm				
26	27	28	29	30	31	
Grief Journeys 6:30 pm – 7:30 pm Online meeting only	Parent Loss Group 6 pm – 7:30 pm			Spousal Loss Group meets every Thurs morning 10 am – 11:30 am 10/1, 10/8, 10/15, 10/22, 10/29		

## NOTES

1. You must contact Well-Being services to receive on-line meeting connecting information if you have not previously received services and/or completed an intake packet. Some groups require participants complete intake forms prior to participating on-line; all require a brief phone interview to provide you with meeting details to see if it is a good fit for your needs.
2. Some gatherings are in a mixed location format, meaning participants can choose to be on-site for some meetings and online for others. We encourage you to consider meeting on-site at least 50% of the time for those groups that have an option. On-site participants will receive an enriched experience through being present in body as well as mind and mood. Some on-site meetings may begin a few minutes early. There may be additional time available to on-site participants to post process with the facilitator. Refreshments are provided for on-site participants. Contact Well-Being Services for more information.
3. A BAA has been established with Google Hangouts/Meet and hence this site is deemed to be a secure platform.