

Bereavement Support Group

A Community Support Program for People Dealing with the Loss of a Loved One.

Class Dates:

1st and 3rd
Tuesday

Class Times:

6:00 p.m.
to 7:30 p.m.

Cost: FREE

Location:

Fulton County
Public Library,
Meeting Room A

**Refreshments
provided.**

April 7th—Dynamics of Grief. Video.

Deals with the powerful aspects of grief and loss in people's lives, and establishes the importance of looking at grief.

April 21st—Stress and Loneliness. Video.

Encourages looking at the loneliness of grief in different ways to help manage the stress in our lives.

May 5th—Beyond Death's Door. Video.

Provides firsthand understanding of the grief process, and will give you help during your grief journey.

May 19th—Recognizing Fear and Anger.

Teaches helpful methods in dealing with fear and anger during your grief experience.

June 2nd—Managing Guilt and Depression.

Explores the meaning of guilt and depression to give a better understanding of these emotions in your grief experience.

June 16th—Grief and Addiction.

Assists with understanding the powerful correlation between grief and addiction in our culture.

**For additional information or to register call Jason See,
Woodlawn Hospital Chaplain, at 574-224-1267 or
Anne Beattie, Hope Hospice, at 574-224-HOPE (4673).**

