

FALL BEREAVEMENT GROUP
TUESDAYS, BEGINNING SEPTEMBER 19

5:30-7:00 PM

COMPASSUS HOSPICE
301 EDELWEISS DRIVE, SUITE 6

The loss of a loved one can be a lonely and isolating experience. It seems that no one understands, or that you are being pressured to “just get over it.”

A bereavement group offers the experience of coming together with others who “get it”.

It is an opportunity to share stories and to receive and give support.
It is an opportunity to learn more about the grieving and mourning process.
It is an opportunity to feel less alone.

This group meets for nine weeks with the expectation that those who attend will get to know each other well over that period of time. The first session will be informational in nature so that you can decide if this experience is right for you.

The group will be facilitated by Cindy Pipinich, licensed counselor with Compassus Hospice. A resource book, Understanding Your Grief by Alan Wolfelt will be provided for no charge.

Please call Cindy at Compassus Hospice (556-0640) if you have questions or to pre-register. It is helpful if we hear from you ahead of time, but feel free to drop in on the first meeting even if you did not call ahead.

This group is open to anyone in the community who is grieving the loss of a loved one, regardless of whether they were connected with our hospice, so spread the word to neighbors and friends who might be interested.