



COMMUNITY ANNOUNCEMENT

Understanding Your Grief

Friends of Hospice and P.A.L.S. are offering a grief support group to members of the community. This group will meet once every other week, for an hour-and-a-half, for 12 sessions. Sessions will be held either on a Wednesday morning or a Thursday evening.

Although some group members may have experienced a loss different from yours, others will have shared similar experiences. It is our intention, with the facilitation of two professionals, to help you on your grief journey. Group sessions and materials are offered free of charge.

If you have lost a loved one in the last 2-3 years and think you might benefit from a support group, please contact either P.A.L.S. at 236-7257 or Friends of Hospice at 232-0859 and leave your name and phone number. One of our professional facilitators will provide you with more information and help you decide whether this group is right for you.