

JOURNEY THROUGH GRIEF

An education/discussion forum for anyone grieving a death

In response to COVID-19, Journey Through Grief is now being offered virtually through Zoom. The link to participate can be found in the Bereavement section of our website. At each session, different speakers share their insights about the grieving process, followed by small group discussion. This group is open to the public and **no registration is required**. Journey Through Grief meets the third Tuesday of each month from 6:30pm–8:00pm.

TOPICS FOR 2020

January 21, 2020	IS THIS GRIEF OR DEPRESSION
February 18, 2020	TASKS OF MOURNING/MYTHS OF GRIEF
March 17, 2020	FAMILY SYSTEMS IN GRIEF
April 21, 2020	REGRETS AND FORGIVENESS
May 19, 2020	OTHER LOSSES IN GRIEF
June 16, 2020	STORIES OF SURVIVAL AND TRANSFORMATION
July 21, 2020	MASCULINE/FEMININE STYLES OF GRIEVING
August 18, 2020	THE NEEDS OF MOURNERS
September 15, 2020	FAITH, HOPE AND RESILIENCY
October 20, 2020	FINDING PURPOSE IN LIFE AGAIN
November 17, 2020	MEMORIES/HOLIDAY HEALING
December 15, 2020	MANAGING THE STRESS OF GRIEF

For further information, contact our Bereavement Team at 603-420-1919.