

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 2021

January 19, 2021	IS THIS GRIEF OR DEPRESSION
February 16, 2021	TASKS OF MOURNING/MYTHS OF GRIEF
March 16, 2021	FAMILY SYSTEMS IN GRIEF
April 20, 2021	REGRETS AND FORGIVENESS
May 18, 2021	OTHER LOSSES IN GRIEF
June 15, 2021	STORIES OF SURVIVAL AND TRANSFORMATION
July 20, 2021	MASCULINE/FEMININE STYLES OF GRIEVING
August 17, 2021	THE NEEDS OF MOURNERS
September 21, 2021	FAITH, HOPE AND RESILIENCY
October 19, 2021	FINDING PURPOSE IN LIFE AGAIN
November 16, 2021	MEMORIES/HOLIDAY HEALING
December 21, 2021	MANAGING THE STRESS OF GRIEF

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