

A GRIEF SUPPORT GROUP

Remembering Well and Living Well

A professionally led information and support group for adults.

Topics include:

- ❖ The Journey of Grief: Understanding Common Elements of Grief
- ❖ Why is the Journey Unique to Each of Us?
- ❖ Reactions: Expected, Unexpected, Familiar, Unusual and Normal
- ❖ Adjusting to Change; Building Resilience
- ❖ Ways of Remembering that Strengthen and Enrich Our Living Forward
- ❖ Continuing to Live Peacefully with Grief

Time: Mondays, 6:00 to 7:15 pm

Dates: September 9th – October 14th, 2013 (6 meetings)

Place: Hospice of Central New York
The Panasci Entrance (accessible)
990 Seventh North St, Liverpool

Registration Required: Call Ellen at 634-2207

This group series is provided free for those whose loved one died in the Hospice of Central New York program in the last 13 months. Members of the CNY community who experienced a non-hospice death are asked to contribute what they are able for the support group series.

**Weather cancellations: check the status at 634-1113 x 307,
two (2) hours prior to event**