



The Journey of Grief

*Adult Grief and Bereavement Offerings from
Hospice & Palliative Care Center of Alamance-Caswell*

*Unless otherwise noted, meetings are held at the Hospice Counseling Center,
914 Chapel Hill Road, Burlington, NC*

Weekly Support Groups 2018

◇ **Grief and Growth: Fall/Evenings**

A support group available to anyone who has experienced the death of someone. The group meets **Tuesdays for six weeks, 6:00 - 7:30 pm beginning September 11**. Contact Monika. at 336-532-0141 for more information.

◇ **Pathways: Fall/Daytime**

A support group for women who have had a spouse or partner die. The group meets on **Wednesdays for six weeks, 10:30 am - 12:00 noon beginning October 10**. Contact M.J. at 336-532-7216 for more information.

Workshops

◇ **Suicide Survivors**

A workshop for anyone who has experienced the death of someone through suicide. Educational materials will be provided as well as ways to understand and cope with the grief experience. The workshop will be **Saturday, September 8, 10:00 am - 12:00 pm**. Contact Monika at 336-532-0141 for more information.

◇ **Holiday Workshop**

A workshop for anyone who has experienced the death of someone and is searching for ways to cope with the anticipation and expectations of the holidays. The workshop will be held on **Saturday, November 3, 10:00 am - 12:30 pm**. Contact Monika at 336-532-0141 for more information.

"Grieving doesn't make you imperfect. It makes you human."

— *Sarah Dessen, The Truth About Forever*