



BEREAVEMENT SUPPORT GROUP

SPONSORED BY HOSPICE AND PALLIATIVE CARE OF KODIAK

Begins September 22, 7PM-8:30PM

For 7 consecutive weekly meetings

At St. Paul Lutheran Church, Fireside Room (3077 E. Rezanof Drive)

There is no cost. All materials are provided.

Call Beth at 481-2450 to register or for more information.

Dear Friends:

Our culture feeds us so much misleading information about grief. *Grieve alone. Just be strong. Don't cry. Just keep busy. Time heals all.* Chances are, if you have lost a loved one, you have tried one of these approaches, and it hasn't worked. Grief is messy! It hurts, and it lasts a long time. But there is hope for healing and a "new normal" following the death of a cherished loved one.

Unfortunately, there is no one-size-fits-all plan for dealing with grief. That's why Hospice of Kodiak is offering a grief support group to help you learn about grief and discover healthy ways to heal.

Stepping Stones Grief Support Group is a 7 week traditional support group format which offers a safe place for sharing and bonding with others who have experienced the death of a loved one. Understanding Your Grief, by Dr. Alan Wolfelt provides the framework for this group.

With warmest regards,

**Beth Sindorf, Hospice of Kodiak Bereavement Coordinator
Pastor Elden Simonson and Jacque Jones, Group Facilitators**