



# Grief Support & Education

Although each person's grief is unique, those coping with the death of a loved one share a common bond. Grief Support & Education provides an understanding atmosphere, where participants can openly share their thoughts and feelings as they navigate their journey through grief.

Each support group begins with grief education and is followed by a small group discussion.

**Topics include:**

- Understanding grief and loss
- Coping skills for grief
- Dealing with emotions of grief
- Adjusting to new roles

**When:** Third Thursday of the month at 10:00am.

**Where:** Heritage Living Center Chapel, 619 6th St W, Park Rapids, MN 56470

CHI St. Joseph's Health Hospice Care Grief Support & Education is free of charge and open to anyone coping with the death of a loved one. For additional information, please call 218.732.4552.