



Hospice Care

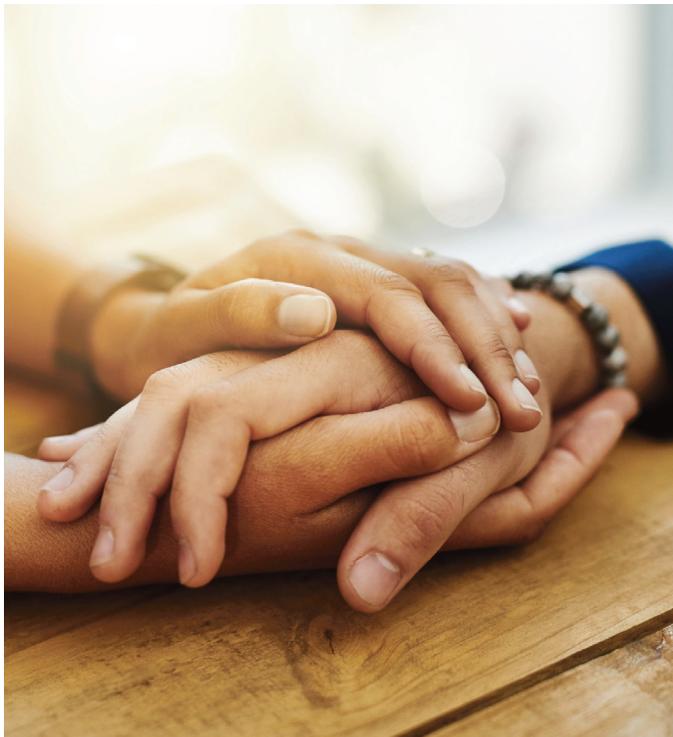
Grief support and education.



**CHI St. Joseph's Health
Hospice Care**

600 Pleasant Avenue
Park Rapids, MN 56470
(218) 732-4552
chisjh.org





Grief support and education.

CHI St. Joseph's Health Grief Support and Education is free of charge and open to anyone coping with the death of a loved one.

Although each person's grief is unique, those coping with the death of a loved one share a common bond.

CHI St. Joseph's Health Hospice Care 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

Grief support and education is held weekly.

Calvary Lutheran Church

Every Tuesday

3:00-4:30pm

112 Park Avenue

Park Rapids, MN 56470

The Grief support and education sessions are free of charge for anyone who wishes to participate.

For additional information, please call Kasye at (218) 732-4552

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