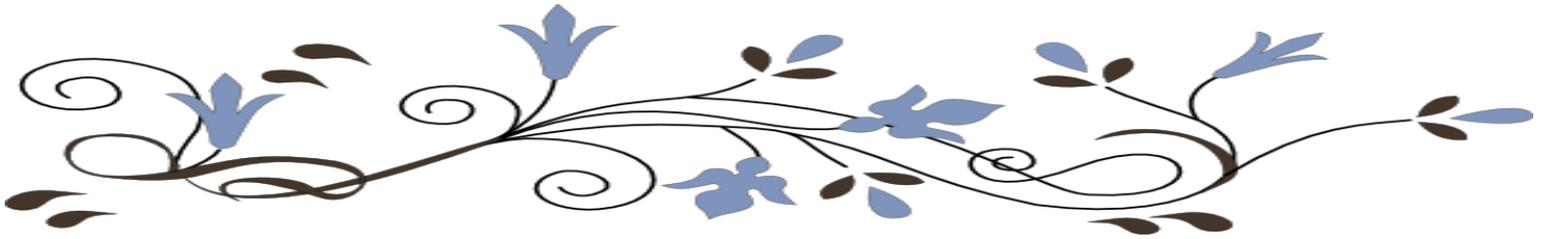


Understanding Your Grief:

Touchstones for Finding Hope & Healing Your Heart



Begins March 1

Every Wednesday until May 10

3:00 to 5:00 p.m.

SRMT Senior Center Sunroom

Early enrollment is required

When someone you love dies, it can be hard to understand your often complex—and painful—thoughts and feelings. This compassionate group will help companion you on your journey through grief and mourning.

Understanding Your Grief is a ten-week grief support group for adults. Each week, you will learn about physical, emotional, cognitive, and social actions to take to help yourself heal. Group members also read portions of *Understanding Your Grief* and have the option to write down their thoughts and feelings in the guided journal. Topics covered include:

- Misconceptions about grief
- Six needs of mourning
- Understanding the uniqueness of your grief
- Appreciating your transformation



Enroll Today

518-358-2963

ext. 3303

"I think this group is a very worthwhile experience. It helped me through some rough losses".

"Having a better understanding of my grief experience is comforting."

"I enjoyed the company and knowing that I'm not alone."



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