



## **You do not have to grieve alone**

Grief support classes & gatherings are open to the public at no cost

Location: Hospice Home Care Bldg  
200 Hospice Way (off new 64 E, turn onto Bryant Road)

### **REGISTRATION REQUESTED**

Call Tonya Ragan, Bereavement Coordinator, at 475-5444

#### **Understanding Grief After Loss (5 weeks)**

Wednesdays, March 25 – April 22, 3:00-5:00pm

*Come meet others with similar losses & gain some understanding about the journey of grief.*

#### **Quilting Memories (4 weeks)**

Tuesdays, April 28 – May 19, 6:00-7:30pm (REGISTRATION REQUIRED)

*Volunteer seamstress, Amy Huffman, will be on hand to help you create heirloom pieces such as pillows, lap quilts or memory bears with articles of clothing from your loved one. Sewing experience not required.*

#### **Spring Bereavement Luncheon**

Wednesday, May 13 @ noon

*Join the Hospice staff & volunteers in a time of fellowship as we remember your loved one. Lunch provided.*