

LIVING WITH LOSS

Bereavement Program

Community Hospice Care will be offering a 6 session bereavement program entitled "Living With Loss." These classes will meet the 1st and 3rd Thursday of the month beginning October 20, 2011. This group is free and open to anyone who has experienced a loss.

Where: **Community Hospice Care** in the *Anita Gaydos conference room*
181 E. Perry St.
Tiffin, OH 44883

Discussion Topics and Dates:

October 20, 2011 – 10am – 11:30am
Grief Is What Heals You

November 3, 2011 – 10am – 11:30am
Cherishing the Memories (please bring a picture of your loved one)

November 17, 2011 – 10am – 11:30am
Hanging On to Hope/The Emotional Side of Grieving

December 1, 2011 – 10am – 11:30am
Coping With Your "New Reality"

December 15, 2011 – 10am – 11:30am
Building Blocks for the Future

January 5, 2012 – 10am – 11:30am
Where Do We Go From Here

If you would like more information or to register please contact Pam Tiell, Bereavement Coordinator at 419-447-4040.