

It can wash over us like a wave, or hang over us like a drip. But it will visit us all.

grief.

Find support.



support.

www.resourcecenteronaging.org
www.alivehospice.org

Grief and Loss: A Personal Journey

Find your way back to tranquil waters. Alive Hospice and the Resource Center on Aging at Harpeth Hills Church of Christ will present this year-long series of free educational seminars for grieving adults beginning Oct. 14. Each seminar will be facilitated by a professionally trained counselor with Alive Grief Support Services. Sessions will be held in Room 211 of Harpeth Hills Church of Christ, 1949 Old Hickory Blvd, Brentwood, from 6:30 to 7:30 p.m. We invite you to attend the entire series, or any combination of the stand-alone seminars listed below.

- Oct. 14..... **Overview of the Grief Process**
- Nov. 11 **Grief During the Holidays**
- Dec. 9 **Managing the Emotions of Grief**
- Jan. 13..... **Tasks for Healing From Grief**
- Feb. 10 **Grieving Loss Other Than Death**
- March 10..... **Impact of Death & Grief on Family Roles and Relationships**
- April 14..... **Helping the Grieving Adult**
- May 12..... **Helping the Grieving Child**
- June 23 **Self-Care During Grief**
- July 14 **Grief When the Loss is Sudden**
- Aug. 11 **Grief When the Illness is Prolonged**
- Sept. 8 **Finding Meaning In Loss**

Reservations are encouraged. To make a reservation or for more information call 373-0601 x 100.

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