

# **Bon Secours of Richmond 2009 Monthly Grief Workshops**

**Sponsored by Bon Secours Hospice and Palliative Care**

These workshops provide education and discussion about the grief process and coping strategies to help with grief work and the healing process. They are free of charge and conducted by highly trained grief professionals. They are open to anyone who is grieving the death of a loved one. The workshops are informal and offer a place to get support.

**"Coping with Loneliness in Grief"**

Wednesday, January 21, 6:30-8:00 p.m.

**"The Six Needs of Mourning"**

Wednesday, February 18, 6:30-8:00 p.m.

**"Loss of a Parent"**

Wednesday, March 18, 6:30-8:00 p.m.

**Asking Questions, Finding Comfort: Faith and Loss**

Wednesday, April 15, 6:30-8:00 p.m.

**"Do you Ever Feel Like you're 'Going Crazy'?" How Grief Affects Us**

Wednesday, May 20, 6:30-8:00 p.m.

**"What is Necessary for Healing in Grief?"**

Wednesday, June 17, 6:30 p.m. - 8:00 p.m.

**"Loss of Parent"**

Wednesday, July 15, 6:30 p.m. - 8:00 p.m.

**"Rekindling Hope Amidst the Ashes of Grief"**

Wednesday, August 19, 6:30 p.m. - 8:00 p.m.

**"Coping With Loneliness in Grief"**

Wednesday, September 16, 6:30-8:00 p.m.

**"The Six Needs of Mourning"**

Wednesday, October 21, 6:30-8:00p.m.

**"Aren't You Over it Yet?" Myths about Grief**

Wednesday, November 11, 6:30-8:00 p.m.

**"Coping with the Holidays"**

Sunday, December 13, 2:00 p.m. - 4:00 p.m.

Note: Monthly meetings are held on the third Wednesday of each month except in November and December.

Please contact Lee Peebles of Bon Secours Hospice Bereavement Services at 627-5371 for information about and to register your attendance at any of these workshops. Call early to register and assure your space.