

Bereavement Support Group



- For:** Anyone who has experienced the loss of a loved one
- What:** Open grief support group
- Where:** Redeemer Evangelical Lutheran Church (East door)
808 South First Street Hwy 25
Atwood, KS
- When:** Third Monday of the month starting April 2010 through November 2010 from
2:00 PM-3:30 PM.
- Register:** Please call Tara Bowles at (785) 626-3211 or Maralyn Cooper at
1-800-315-5122 to register
- April 19th:** **Session One: Introduction to the process of grief**
- May 17th:** **Session Two: The universality of the grief process**
- June 21st:** **Session Three: Understanding the stages of grief**
- July 19th:** **Session Four: Give yourself permission to feel the way you feel**
- August 16th:** **Session Five: Share your thoughts, what helps**
- September 20th:** **Session Six: Recognizing our unique personality styles**
- October 18th:** **Session Seven: Is my grief work completed?**
- November 15th:** **Session Eight: A Holiday Memorial “Hope for the Holidays”**

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****PLEASE KEEP FLYER FOR FUTURE DATES****