GROUNDWORK
A Workshop for the Newly Bereaved

Tuesday, February 11, 2014
6:00 ~ 7:30 PM
Horizon Hospice & Palliative Care
3408 Vollmer Road
(Vollmer Road & Governor's Highway)
Olympia Fields, IL 60461

There is no fee for this workshop, which is open to the community, but
Reservations are required.
Call 708.283.8150
TODAY!

GROUNDWORK is a workshop for adults who have experienced the loss of a loved one during the past six months or so, and is facilitated by a Licensed Counselor.

This workshop can help you:
• Understand the grief process
• Learn about the "symptoms" of normal grief
• Learn coping strategies
• Get answers to your questions about grief and mourning

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Light refreshments will be served.