

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

*Horizon Hospice
& Palliative Care*

Light refreshments will be served.