



Resource
Center ^{on}
Aging



ALIVE GRIEF
SUPPORT SERVICES

Grief and Loss: A Personal Journey

BEGINS OCTOBER 14 AT HARPETH HILLS CHURCH OF CHRIST

This year-long series is a collaboration between the Resource Center on Aging and Alive Hospice.

It is free and open to the public.

Each presentation is self-contained and provides educational information about a unique aspect of grief.

All sessions will be held at Harpeth Hills Church of Christ from 6:30—7:30 PM in Room 211.

Sessions will be presented by a professionally trained counselor from Alive Hospice Grief Support Services.

*Reservations are encouraged.
For more information call
373-0601 x 100*

- Oct. 14Overview of the Grief Process
- Nov. 11Grief During the Holidays
- Dec. 9Managing the Emotions of Grief
- Jan. 13Tasks for Healing From Grief
- Feb. 10Grieving Loss Other Than Death
- Mar. 10Impact of Death and Grief on
Family Roles and Relationships
- Apr. 14Helping the Grieving Adult
- May 12Helping the Grieving Child
- Jun. 23Self-care During Grief
- Jul. 14Grief When the Loss is Sudden
- Aug. 11Grief when the Illness is Prolonged
- Sep. 8Finding Meaning in Loss