



OPTIMAL HEALTH *and* WELL-BEING

HealthEast Hospice Grief Support Services Presents

Grief Support Group (open to all who are grieving a loss)

Second and Fourth Tuesdays (twice per month)

Begins January 8 & 22, 2019; 5:00 – 6:30 pm

Woodwinds Hospital, Conference Room B, 1925 Woodwinds Drive, Woodbury, MN

If you have experienced the loss of a loved one, it is often helpful to seek the support of others. This ongoing group will allow members to reflect on grief and loss and receive grief education and support. No registration is required for this group.

Adult Grief Education Class

Wednesday, January 16, 2019; 2:00 – 4:00 pm

Watson Education Center, #202, St. John's Campus, 1655 Beam Avenue, Maplewood, MN

Learn how to better understand what grief is and how to cope with the stress of grieving. This is a class, not a support group.

Spouse Loss Grief Support Group

Tuesdays, January 29 – February 26, 2019; 1:00 – 2:30 pm

Path of Grace United Methodist Church, 759 County Rd B East, Maplewood, MN

When you are on the journey of grief, it is often helpful to seek the support of others. This group is intended for people grieving the death of their spouse or significant other. Group members will receive relevant grief education materials and support.

Parent Loss; Coffee and Conversation

Wednesday, February 20, 2019; 6:00 – 7:30 pm

Woodwinds Hospital, Room C-1, 1925 Woodwinds Drive, Woodbury, MN

This is a time for you to talk about what is on your mind with others who are grieving the loss of a parent. Grief can be difficult, but exploring it with others who understand can help. Grief education and ideas about how to cope with the loss of a parent will be discussed.

Restorative Writing

Mondays, March 4, 11, 18 & 25, 2019; 1:30 – 3:00 pm

St. Michael's Lutheran Church, 1660 County Road B West, Roseville, MN

Safely explore your feelings of grief through writing. You will be guided through specific prompts to find renewed ways of viewing your grief journey.

To register for these classes, call our office at [651 232-3543](tel:6512323543) or email griefsupportservices@healtheast.org. Classes are free but space is limited.



healtheast.org

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