

## HealthEast Hospice Grief Support Services presents:

### Adult Self-Care for Those Who Grieve

Tuesday, July 18, 2017  
1:00 – 2:30 pm  
HealthEast Midway Building  
Haag-Rinkel Room  
1700 University Avenue West  
St. Paul, MN 55104

There will be a variety of self-care options to support your grief journey, such as:

- ♥ Hand massage    ♥ Aromatherapy
- ♥ Meditation     ♥ Planting
- ♥ Journaling     ♥ Worry stones
- ♥ Mandalas       ♥ Craft

Please register by July 11<sup>th</sup> by calling HealthEast Hospice Grief Support Services at 651-232-3543, or email [griefsupportservices@healtheast.org](mailto:griefsupportservices@healtheast.org)  
There is no cost, but space is limited.

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### Everybody Grieves: Adult Grief Education

Monday, August 7, 2017  
4:00 – 6:00 pm  
HealthEast Midway Building  
Haag-Rinkel Room  
1700 University Avenue West  
St. Paul, MN 55104



This grief education class designed to help adults better understand and cope with their own grief after the death of a loved one. This is a class, not a support group. Educational materials will be provided. There is no cost for the class, but registration is required due to space limitations.

This class is for adults who want to:

- Understand basic characteristics of grief
- Learn about common grief reactions
- Cope better with the stress of grieving

Please register by Wednesday, August 3, 2017 by calling 651-232-3543 or by email: [griefsupportservices@healtheast.org](mailto:griefsupportservices@healtheast.org)  
There is no cost, but space is limited.

### Walking Through Grief

Wednesdays – September 6, 13, 20, 27 and  
October 4, 2017  
10:30 am – 12:00 noon  
HealthEast Midway Building  
Haag-Rinkel Room  
1700 University Avenue West  
St. Paul, MN 55104

When you are on the journey of grief, it is often helpful to seek the support of others. The group is intended for people who are grieving the death of a loved one. Group members will have opportunities to reflect on grief and loss, and receive relevant grief education and materials. There is no charge for the group. Registration is required as space is limited.

Please register by September 1, 2017 by calling Grief Support Services at 651-232-3543 or by email at [griefsupportservices@healtheast.org](mailto:griefsupportservices@healtheast.org)

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### Writing for Reflection, Remembrance, and Renewal

Tuesdays, Sept. 5, 12, 19, & 26, 2017  
4:30 – 6:00 pm  
HealthEast Midway Building  
Conley Room  
1700 University Avenue West  
St. Paul, MN 55104



In this writing series, you will safely explore your feelings of grief through writing. It is an opportunity to give voice to your inner wisdom and write about what matters most to you – what you remember, what you miss, what you cherish. You will be guided through specific writing prompts to find renewed ways of viewing your grief journey and giving shape to your life.

Please register by September 1, 2017 by calling HealthEast Grief Support Services at 651-326-1541. There is no cost, but space is limited.