HealthEast Hospice Grief Support Services presents:

Adult Self-Care for Those Who Grieve

Tuesday, July 18, 2017 1:00 - 2:30 pmHealthEast 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 11th by calling HealthEast Hospice Grief Support Services at 651-232-3543, or email griefsupportservices@healtheast.org There is no cost, but space is limited.

Everybody Grieves: Adult Grief Education

Monday, August 7, 2017 4:00 - 6:00 pmHealthEast 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 There is no cost, but space is limited.

Walking Through Grief

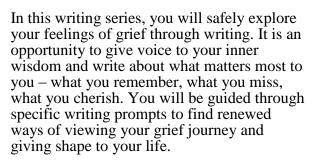
Wednesdays – September 6, 13, 20, 27 and October 4, 2017 10:30 am - 12:00 noonHealthEast Midway Building Haag-Rinkel Room 1700 University Avenue West St. Paul. MN 55104

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

Writing for Reflection, Remembrance, and Renewal

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



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