FOUR SEASONS

GRIEF SERVICES

Winter Grief Conversations

Grief can be difficult. Do you have questions or need a listening ear? Join Four Seasons Grief Services this winter for open and honest group conversations. Attend as few or as many as you like.

Tuesday, December 8
What Does Grief Look Like?

Tuesday, December 15
The 5 Stages of Grief: Myths or Facts?

Tuesday, January 5
What's On Your Mind for this New Year Ahead?

Tuesday, January 12
Does Anyone Let You Talk about Your Person?

Tuesday, January 19
What Helps You Cope?

All Sessions:
3:00 - 4:00 PM
571 S Allen Rd, Flat Rock

No Registration Required
For more information, please contact Jessica Godfrey at 828.692.6178 or JGodfrey@FourSeasonsCFL.org

FourSeasonsCare.org

Four Seasons is honored to provide trusted grief support to anyone in our community experiencing the loss of a person.