Grieving Hurts. We Can Help.

Striving to be the Experts in Grief Care in Western North Carolina

Thank You

Four Seasons' Grief Services are made possible by generous donations and fund-raising efforts by The Four Seasons Foundation. Learn more at FourSeasonsFDN.org

Mailing Address:
Four Seasons
571 South Allen Rd
Flat Rock, NC 28731

Office Location:
Four Seasons Grief Services
506 Park Hill Ct
Hendersonville, NC 28739

Email Us:
griefservices@fourseasonscfl.org

Scan this Code to View our Upcoming Events.

TRUSTED COMFORT. TRUSTED CARE.

(828) 692.6178
griefservices@fourseasonscfl.org
FourSeasonsCFL.org

FOUR SEASONS
FOUNDATION

GRIEF SERVICES

FOUR SEASONS
GRIEF SERVICES

(828) 692.6178
FourSeasonsCFL.org
Four Seasons’ Grief Services provides care for those in our community who grieve the loss of a person due to death. **Our professionally trained clinicians provide individual and group counseling** for children, adolescents, and adults, regardless of hospice involvement. **Funded by generous donations, these services are available at no cost to you.**

In addition to our **individual counseling**, our **Grief Support Groups** provide an environment for individuals to connect with others as they work through the layers of grief.

**Educational seminars and workshops** provide opportunities to learn about the grief process and innovative, hands-on strategies.

Innovative **Grief-Related Events** offer unique opportunities to connect with the community throughout the year. Memorial services, various events during the holidays, and annual expressive arts workshop are examples of opportunities that engage the whole person in the grief process.

Our **Bereavement Buddy** program pairs trained volunteers with the grieving individual to provide ongoing support through phone calls and visits.

Four Seasons’ **Compass** program provides grief support to those ages 3 to 18 and their families. This program can be accessed for those who anticipate the death of a loved one as well as for those who have already experienced a death.

**Individual & Group Counseling** are offered in our offices, in schools, and virtually. Individual sessions can also be conducted in home.

**Quarterly Compass Meetups** are a one-day, fun outing that provides activity and connection with others who are grieving.

**Camp Heart Songs** is Four Seasons’ annual grief camp for those ages 5-15. Participants are immersed in team building, art, music therapy, campfire, and peer connections. Campers learn skills to assist them tell their story, recognize the need for support, and support others. Camp Heart Songs enrollment begins in May of each year.

**Thanks to Camp Heart Songs Program Sponsor**

---

**In grief nothing feels normal. Your world has changed. We can help.**