

Bereavement Support Group

This group is for anyone who has experienced the loss of a loved one.

January 11 - *New Year, New Hope*

February 8 - *Understanding Grief: Part 1*

March 8 - *Understanding Grief: Part 2*

April 12 - *Guilt and Anger*

May 10 - *Adjustments*

June 14 - *Living with Loss*

July 12 - *You are not Crazy*

August 9 - *Caring for Yourself in Grief*

September 13 - *Loneliness*

October 11 - *Memories*

November 8 - *Anniversaries/Rituals*

November 15 - *Braving the Holidays*

This support group meets at 6:30 p.m. in the Wells Fargo conference room.

For more information, call 252.399.8924.

HOSPICE OF
WILSON