



Visiting Nurse Association

Sharing the Journey: Coping with Grief

The Visiting Nurse Association of Texas Hospice invites you to participate in our six-week Grief Support Group. Sharing the Journey: Coping with Grief is open to adults in the community who have experienced the death of a loved one.

Friday mornings, April 15 to May 20
10:00 to 11:30 a.m.

Room 108

Plymouth Park United Methodist Church
1615 W. Airport Freeway, Irving, Texas

TOPICS:

Common Grief Experiences

The Process of Grief

Honoring Your Loved One

Caring for Your Needs while Grieving

Getting Through the Holidays

Strategies to Cope

There is no fee for this service.

Please call Sue Rafferty, Bereavement Coordinator,
to reserve a place. 214-689-2922

Sponsored by
Plymouth Park United Methodist Church Soul Lo Widows