



Hospice of the Red River Valley presents a program for those who are recently bereaved.

Journeying through Grief is designed for adults who have recently lost a loved one. The sessions will help you better understand the grief process, explore methods of self-care, and embrace and carry memories with you as you move forward.

During this program, participants will explore several topics, including:

- Understanding Grief
- Exploring Common Grief Reactions
- Taking Care of Yourself While Grieving
- Embracing Your Memories: Holidays, Special Days & Any Days

Journeying Through Grief

Date & Time

Tuesday, Sept. 12 from 6-8 p.m.

Location

Armstrong Funeral Home
11 Main St.
Lisbon, N.D.

Presented by

Stephanie Pritchard, LPC, NCC, bereavement specialist with Hospice of the Red River Valley

Registration Deadline

Tuesday, Sept. 5, 2017

This session is free, but pre-registration is required because space is limited.

To register or for questions, please call (800) 237-4629 and ask for the bereavement department.

