



When grief enters our lives, everything changes. We can help you cope with the change—and the grief.

Most of us need information and support to deal with loss. Learning about grief and being around others who have experienced a similar loss can provide some comfort.

The bereavement department at Hospice of the Red River Valley offers supportive, educational opportunities. Classes are typically offered twice a year—in the spring and fall—and are open to the community.

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

# Fall 2016 Grief Classes

A complete listing of fall classes available through Hospice of the Red River Valley follows:

## Journeying Through Grief Class

Journeying Through Grief is a class, or series of classes depending on location, designed for those who are recently bereaved. It is intended for adults 18 years and older who have experienced the recent loss of 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.

Journeying Through Grief will be held at several locations throughout our service area. *Pre-registration is required one week before the class date.*

### LaMoure, N.D.

- Tuesday, Oct. 11 from 1:30-4 p.m.
- Ag Country Farm Credit Services
- 200 1st St. SW, LaMoure

### Detroit Lakes, Minn.

- Wednesday, Oct. 12 from 1-4 p.m.
- Hospice of the Red River Valley office
- 1111 Highway 10, Detroit Lakes

### Fargo, N.D.

- A series of three classes held Oct. 13, 20 and 27 from 6-8 p.m.
- Hospice of the Red River Valley office
- 1701 38th St. S., Fargo (Use west door.)

### Mayville, N.D.

- A series of six classes held Oct. 12, 19 and 26, and Nov. 2, 9 and 16 from 1-2:30 p.m.
- Hospice of the Red River Valley office
- 50 Main St. East, Mayville (*New office location*)

(More classes on reverse)



## Journeying Through Grief Class, *continued*

### **Mahnomen, Minn.**

- Wednesday, Oct. 19 from 1-4 p.m.
- Mahnomen Health Center
- 414 W. Jefferson Ave., Mahnomen

### **Valley City, N.D.**

- Thursday, Oct. 20 from 1:30-4 p.m.
- Hospice of the Red River Valley office
- 1240 West Main St., Valley City

### **Wahpeton, N.D.**

- Tuesday, Oct. 25 from 1:30-4 p.m.
- Wahpeton Armory
- 203 4th St. N., Wahpeton

## Beyond Widowhood: A Transitions Class

Transitions is a six-session class for men and women who wish to address the practical aspects of widowhood. Topics covered include maintaining emotional and physical health, re-examining values, home maintenance, making connections, dating and financial planning.

This class is not intended for those widowed less than one year. Registration is required by Sept 16. Pre-screening is also required for this class. The class is \$25 per person; scholarships are available.

### **Fargo, N.D.**

- Mondays, Sept. 19 and 26, Oct. 3, 10, 17 and 24 from 6-8 p.m.
- Hospice of the Red River Valley office  
1701 38th St. S., Fargo (Use west door)

## Youth Journeys

Youth Journeys is a day-long program for youth, ages 6 to 18, who have lost a loved one. The day is broken down into sections, allowing youth a chance to explore how the death of their loved one has affected their lives, their feelings, self-care and how to embrace memories.

Youth will have an opportunity to meet our pet therapy dogs. The day ends with a celebration of life service. Parents/guardians are also required to attend a portion of the day. Food and snacks are provided throughout the day. The session is free, but pre-screening and pre-registration are required by Oct. 24.

### **Fargo, N.D.**

- Oct. 29 from 9 a.m.-3:30 p.m.
- Hospice of the Red River Valley office  
1701 38th St. S., Fargo (*Use west door*)

## Grief During the Holidays

Managing grief in times of celebration can be overwhelming. Suffering the loss of a loved one is difficult any time of the year, but the holiday season can intensify feelings of loss. This presentation will enable attendees to identify and learn how to manage the mixed and painful emotions that can surface when grieving during the holidays. Participants will also learn important self-care strategies. This class is free and open to the public, but registration is required.

### **East Grand Forks, Minn.**

- Thursday, Nov. 10 from 1:30-3 p.m.
- Sacred Heart Catholic Church
- 200 Third Street NW, East Grand Forks, Minn.

### **Valley City, N.D.**

- Thursday, Nov. 10 from 3:30-5 p.m.
- Hospice of the Red River Valley office
- 1240 West Main St., Valley City

### **Fargo, N.D.**

- Monday, Nov. 14 from 3-4:30 p.m.
- Hospice of the Red River Valley office
- 1701 38th St. S., Fargo (Use west door.)

### **Lisbon, N.D.**

- Tuesday, Nov. 15 from 2-3:30 p.m.
- Hospice of the Red River Valley office
- 415 Main St., Lisbon

### **Detroit Lakes, Minn.**

- Thursday, Dec. 8 from 6-7:30 p.m.
- Hospice of the Red River Valley office
- 1111 Highway 10, Detroit Lakes