



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 2017 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. *Pre-registration is required one week before the class date.*

Lisbon, N.D.

- Tuesday, Sept. 12 from 6-8 p.m.
- Armstrong Funeral Home
11 Main St., Lisbon
- Pre-registration required by Sept. 5

Fargo, N.D.

- A series of three classes held Thursdays, Oct. 19 and 26 and Nov. 2 from 6-8 p.m.
- Hospice of the Red River Valley office
1701 38th St. S., Fargo (*Use west door*)
- Pre-registration required by Oct. 13

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.

Fargo, N.D.

- Saturday, Oct. 7 from 9 a.m.-3:30 p.m.
- Hospice of the Red River Valley office
1701 38th St. S., Fargo (*Use west door*)
- Pre-screening and pre-registration required by Oct. 2

(More classes on reverse)



How to Help a Grieving Friend

When a friend loses a loved one through death, we struggle to know what to do. Working through grief involves accepting the loss, experiencing the pain of that loss, and creating a different bond or relationship with the person you have lost. This presentation offers attendees ways to help a friend who has experienced the loss of a loved one.

This class is free and open to the public, but pre-registration is required one week prior to each class date. To register for classes, call (800) 237-4629 and ask for the bereavement department.

Oakes, N.D.

- Tuesday, Sept. 26 from 6-8 p.m.
- Oakes High School, Central Office Conference Room
804 Main Ave., Oakes
- Pre-registration required by Sept. 19

Beyond Widowhood: A Transitions Class

Transitions is a five-session class for men and women who wish to address the practical aspects of widowhood. Topics include maintaining emotional and physical health, home maintenance, making connections, dating and financial planning. This class is not intended for those widowed less than one year. *Pre-screening and pre-registration are required by Sept 27. The class is \$25 per person; scholarships are available.*

Fargo, N.D.

- Mondays, Oct. 2, 9, 16, 23 and 30 from 6-8 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, no pre-registration required.*

Detroit Lakes, Minn.

- Thursday, Nov. 9 from 6-7:30 p.m.
- Hospice of the Red River Valley office
1111 Highway 10, Detroit Lakes

Oakes, N.D.

- Monday, Nov. 13 from 6-7:30 p.m.
- Oakes High School, Central Office Conference Room
804 Main Ave., Oakes

East Grand Forks, Minn.

- Thursday, Nov. 16 from 1:30-3:30 p.m.
- Sacred Heart Catholic Church
200 Third Street NW, East Grand Forks

Fargo, N.D.

- Thursday, Nov. 16 from 3-4:30 p.m.
- Hospice of the Red River Valley office
1701 38th St. S., Fargo (*Use west door*)

Lisbon, N.D.

- Thursday, Nov. 16 from 6-7:30 p.m.
- Armstrong Funeral Home
11 Main St., Lisbon