



Hospice of the Red River Valley presents a three-session workshop for those who are recently bereaved.

Time and Location

All sessions are from 6-8 p.m.
Hospice of the Red River Valley
1701 38th St. S., Fargo - Use west door

Registration Deadline

April 28, 2017

Sessions are free, but pre-registration is required.

Additional Information

Please call (701) 356-1500 or (800) 237-4629, and ask for the bereavement department.

Journeying Through Grief

Session 1 – Thursday, May 4

Understanding Grief

This introductory session will help identify losses, define grief and discuss the importance of grieving. Common misconceptions will be reviewed, as well as factors that influence how we grieve. This session will also explore the variety of reactions that can accompany our grief.

Session 2 – Thursday, May 11

Taking Care of Yourself While Grieving

Grief can compound, or even mask, health issues. This session provides a very important look at key areas of self-care and wellness during this critical time.

Session 3 – Thursday, May 18

Embracing Your Memories: Holidays, Special Days & Any Days

How can we move forward, yet continue to carry the memories of loved ones with us in significant ways? Our final session explores resourceful ways to work toward healing.



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