



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.

Spring 2017 Grief Classes

A complete listing of spring 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 loss of a loved one during the previous six months. 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 two locations. Pre-registration is required because space is limited.

Valley City, N.D.

- Tuesday, April 4 from 6-8 p.m.
- Hospice of the Red River Valley office
- 1240 West Main St., Valley City
- Pre-registration required by March 28

Fargo, N.D.

- A series of three classes held May 4, 11 and 18 from 6-8 p.m.
- Hospice of the Red River Valley office
- 1701 38th St. S., Fargo. *Use west door.*
- Pre-registration required by April 28

(More classes on reverse)



Youth Programming

These programs are for youth, ages 6 to 18, who have lost a loved one. The programs will provide youth an opportunity to participate in grief support activities, share stories, create memory keepsakes and receive support from their peers. Parents/guardians are also required to attend a portion of the day. Snacks will be provided.

The session is free, but pre-screening and pre-registration are required. Please call (800) 237-4629 and ask for the bereavement department.

Fargo, N.D.

- Saturday, April 1 from 9 a.m.-3:30 p.m.
- Hospice of the Red River Valley office
1701 38th St. S., Fargo (*Use west door*)
- Pre-registration required by March 27

Detroit Lakes, Minn.

- Saturday, May 6 (Ages 5-9: 9 a.m.-noon and ages 10+: 1-4 p.m.)
- Hospice of the Red River Valley office
1111 Highway 10, Detroit Lakes
- Pre-registration required by April 24

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. A light lunch or dinner will be provided along with the session.

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.

Perham, Minn.

- Wednesday, April 5 from noon-2 p.m.
- Perham Living
735 3rd St. SW, Perham
- Pre-registration required by March 29

Detroit Lakes, Minn.

- Wednesday, April 12 from 5-7 p.m.
- Hospice of the Red River Valley office
1111 Highway 10, Detroit Lakes
- Pre-registration required by April 5