



## HEALING ♥ HEARTS

### In-Person: BEREAVEMENT SUPPORT GROUP

RSVP by calling the Cancer Resource Centre at 219-836-3349

**Masks Required in Sessions.**

We understand that many are struggling with grief, isolation and multiple kinds of loss, which can be even more magnified when alone. Each session is an hour to discuss the posted topic. Moderators will present questions, concerns and reflections on your grief while providing coping mechanisms & understanding. Our hope is that participants will share their stories in a safe space of acceptance without judgement.

**Located at: Cancer Resource Centre  
926 Ridge Rd Munster, IN 46321.  
From: 1:30 p.m. to 2:30 p.m.**

### Support Group Schedule and Topics

Wednesday April 12, 2023	Understanding the Grief Process
Wednesday April 26, 2023	Helping Yourself Heal
Wednesday May 3, 2023	Secondary Losses
Wednesday May 17, 2023	How To Deal with Others
Wednesday June 7, 2023	Life Changes, Now What?
Wednesday June 21, 2023	Learning to Live Again

If you have any questions about topics, please contact:  
Sarah Ticich at [sticich@hospicecalumet.org](mailto:sticich@hospicecalumet.org)