



HEALING ♥ HEARTS

In-Person: BEREAVEMENT SUPPORT GROUP

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

Masks Required in Sessions.

There is no doubt, that 2020 and 2021 have been filled with challenges and uncertainty. We understand that many are struggling with grief, isolation and multiple kinds of loss, which can be even more magnified when alone.

We are offering an in-person Group Series

From 1:30 p.m. to 2:30 p.m.

Located at: Cancer Resource Centre

926 Ridge Rd Munster, IN 46321.

Group sessions are about one hour and each will follow a topic listed below. The moderator will present questions, concerns and reflections on your grief journey while providing some coping mechanisms. Participants will be able to share their stories in a safe space of acceptance.

Support Group Schedule and Topics

Wednesday January 18, 2023	Understanding the Grief Process
Wednesday February 1, 2023	Helping Yourself Heal
Wednesday February 15, 2023	Grief Work
Wednesday March 1, 2023	How To Deal with Others
Wednesday March 15, 2023	Life Changes
Wednesday March 29, 2023	Learning to Live Again

If you have any questions about topics, please contact:
Sarah Ticich at sticich@hospicecalumet.org