

Monthly Grief Support Group

This support group is open to anyone who has experienced a recent or past loss of a loved one.

*You are not alone on this journey.
These groups will provide a safe place to process your grief
and learn about grief related topics.*

**Meetings will be held the
second Tuesday of each month from 6-7pm
At the Essence of Life Hospice Office,
606 39th Ave Amana, Iowa**

Topics of Discussion:

- February 13th** *The Five Stages of Grief*
- March 12th** *Rules at Impact - How to Survive Early Grief*
- April 9th** *Effects of Grief - Recognize You Are Not Going Crazy!*
- May 14th** *Taking Care of You*
- June 11th** *Nurturing Yourself - The Five Realms*
- July 9th** *A New Normal - 10 Things I've Learned About Trauma*
- August 13th** *The Best & Worst Things to Say to Someone in Grief*
- September 10th** *Top 10 Ways to Care for Yourself*
- October 8th** *How to Help a Grieving Friend*
- November 12th** *Grief & Loss During the Holidays - Part I*
- December 10th** *Grief & Loss During the Holidays Part II*

No registration necessary. For more information,
please contact Rick Sparks at (319) 622-3195
or rick.sparks@essencehospice.com

