



GRIEF SUPPORT GROUP 2018

"Grief is like the ocean; it comes in waves, ebbing and flowing. Sometimes the water is calm, and sometimes it is overwhelming. All we can do is learn to swim." Vicki Harrison

The Red River Valley Palliative Care program in the Morris area is preparing for a Grief Support Group. The focus of this six-week session is to walk through the steps of grief with others who share similar experiences and losses. A trained volunteer and the coordinator will help facilitate the sessions. They offer a safe supportive environment to participants.

We acknowledge that your grief experience is unique to you. You will be asked to share only as much as is comfortable for you to share and what is shared in this space, stays there. For those who have experienced the death of a loved one, this group can provide support as they journey through their grief.

Questions? or to REGISTER please call: Holly Rafferty at 204-746-7356.

(Leave a message if needed.)

Meeting location: Morris Hospital Boardroom

Time: 7 pm, TUESDAYS (or as set by the group)

Start date: Wednesday, May 2, 2018

