



Bereavement counseling

# Better days are ahead of you!

We strive to provide you comfort, care, and heart when grieving the loss of a loved one. This is why West Jefferson Medical Center's Palliative Care team and Heart of Hospice have partnered up to offer free grief support groups at the beginning of every month.

In these therapeutic sessions, you will receive emotional support and validation, along with education about grief, bereavement, and loss from a licensed hospice worker/psychotherapist. Please join us to learn mindfulness techniques and explore your transition, connection, and purpose throughout this time. Let's create a tomorrow you can look forward to, together.



## Grief support group

First Monday of every month

5:30 pm

Gretna Classroom (located in the Hall of History)