

The Journey Through Grief

Six-Session Educational Grief Group

Because Life After Loss Can Be Difficult.

Join us to learn about grief,
discover tools for dealing with loss,
and develop a new support network.

Second Thursday of the month at 5:30 pm

June—November 2018

St. Stephen Lutheran Church

3510 72nd St. in Urbandale

**For Registration and Questions,
Contact Heidi Larson**

heidi.larson@unitypoint.org

(515) 557-3204

Learn.



Connect.



Grow.



St Stephen Lutheran Church



UnityPoint Hospice

Support Group Dates & Topics

June 14th, 2018

What is Grief? How long does it last?

July 12th, 2018

Why did this Happen to Me? Where is God?

August 9th, 2018

Families and Diverse Methods for Coping

September 13th, 2018

Engaging with Others

October 11th, 2018

Maintaining a Connection

November 8th, 2018

Hope



**Dinner will be
provided
each session**