

# You are not alone on your grief journey!



Hospice Savannah's Full Circle Grief and Loss Center knows the value of group support and is proud to provide three unique opportunities in 2018

## Spouse/Life Partner Loss Grief Support Group

A weekly opportunity to be with others who find themselves on the unique journey of grief because their life mate died. "Who am I apart from my spouse?" "How do I navigate all of the legal matters?" "I don't think my friends understand this loss."

Begins Thursday, February 1, 2018 - 11:00 a.m. - 12 Noon

Call Full Circle at 912.303-9442 for more information. Registration is limited

## Blue Highways: An Alternative Path to Grief

A four-week group for adults at least 12 months out from the loss of a loved one. Processing grief and emotions can be much more than "just talk" when we lower our adult barriers and release the need to be in control. This experiential group incorporates music and mindfulness, art activities and sharing. The series will be offered again August 2 - 23.

Thursday, February 1 through February 22, 2018 - 6:00 to 7:00 p.m.

Call Full Circle at 912.303.9442 for more information. Registration is limited

## A Life, A Loss, A Story: Unpacking Your Grief One Story at a Time

A four session interactive workshop for those who are at least 14 months out from the loss of a loved one. Participants will have the opportunity to write and talk about their own loss, their journeys, and their future. Because each participant in the group will have experienced a profound loss, they will be able to understand, support and value each other's stories and journey. *"A miracle occurs when people bravely write their stories to share with the world. In the process of writing them, they are reconnected with that which they have lost. In the reading of their stories, others are connected to them. And, in the connection everyone feels less alone. Each gain a little more strength for living their life and navigating their way through the challenges and over the hurdles of this journey called grieving."* (Canfield & Hansen).

Wednesday, February 7 through February 28, 2018 - 10:00 - 11:30 a.m.

Call Full Circle at 912.303.9442 for more information. Registration is limited to 7

**All groups meet at the Demere Center for Living,  
6000 Business Center Drive, off Chatham Parkway.**

