Journey Through Grief

Exploring the Tasks of Grief

About: The loss of a loved one is a life-altering event. Journey Through Grief is a six-week course that will explore the tasks of grief, offer the opportunity to share experiences with others who have lost a loved one, and provide information on how to cope with loss. Each session will provide both the support of others who are going through a loss and education about this difficult journey.

When: For dates, times and locations, please call 866.253.9426 or go to AlexianBrothershealth.org/events

Cost: $60/Person

Register: 866.253.9426 or AlexianBrothersHealth.org/events