

GROWING THROUGH GRIEF

(a six-week support series)

Mondays, February 27–April 2
6:30–8:30 p.m

PATHways Center for Grief & Loss
4075 Old Harrisburg Pike, Mount Joy

This free six-week support series is for any adult (age 18 or older) who is grieving a death that occurred *at least six months ago*. The group provides a safe place for you to explore ways to cope with the changes in your life after the death of your loved one.

Topics include:

- Grief defined
- Maps for your journey
- Physical and emotional effects of grief
- Self-care
- Tools for your toolbox
- Beginning with loss, ending with life

Space is limited and registration is required.

To complete the registration process, you will briefly meet with a PATHways counselor in advance of the series.

Call **(717) 391-2413**
or **(717) 733-0699**
by February 20.



HOSPICE
of
LANCASTER
COUNTY