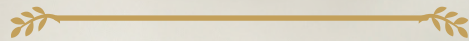


HOPE FOR THE HOLIDAYS

The holiday season can be an especially difficult time for those grieving the death of someone in their life. HOSPARUS CENTRAL KENTUCKY is offering a series of grief groups that provide a safe environment for grieving adults to share and be supported during their holiday grief experiences.

These groups will be facilitated by Hosparus grief counselor, Krissy Miller-Skees, LCSW, and will focus on practical coping methods that could be helpful during the holiday season.



Topics will include:

- Thurs., Oct. 13: Holiday Grief: Why Is It So Difficult?**
- Thurs., Oct. 27: Dealing with Others' Expectations and Our Limitations**
- Thurs., Nov. 10: The Importance of Ritual and Memory in Coping**
- Thurs., Dec. 8: Taking Care of Ourselves in the Midst of Holiday Stress**
- Thurs., Dec. 22: Celebrating our Survival: Planning to Thrive**
- Thurs., Jan. 12: Hope for the New Year and Beyond**

6:00 - 7:15 p.m. ET

Hosparus Central Kentucky

105 Diecks Drive Elizabethtown, KY

Sessions are free to the community.


HOSPARUS
Central Kentucky

For more information and
to register for any session
call: 1-888-345-8197
hosparus.org