



# Journey Through Grief

Six-Session Educational Grief Group

*...Because Life  
After Loss is  
Difficult*

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



3rd Thursday of the month

10:00 AM - 11:30 AM | July - December 2021

Adel Public Library, 303 S 10th St., Adel, IA 50003



For Registration and Questions

Contact Anne Alesch, Bereavement Counselor

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*Learn. Connect. Grow.*



**UnityPoint Hospice**



# Support Group Dates & Topics

## **JULY 15**

What is Grief? How Long Does it Last?

## **SEPTEMBER 16**

Families and Diverse Methods for Coping

## **NOVEMBER 18**

Maintaining a Connection

## **AUGUST 19**

Why Did this Happen to Me? Where is God?

## **OCTOBER 21**

Engaging with Others

## **DECEMBER 16**

Hope

*Coffee and light pastries provided to participants.*