



## MANAGING EARLY GRIEF: The First Year After a Loss

This 9-week support group is designed for anyone whose loved one has died during the past year. Participants will learn about dealing with grief and share their grief with others who have also recently lost a loved one. This supportive environment will help participants to better understand their grief experience.

Topics to be discussed include how grief affects us, the physical side of grief, moving through grief, coping skills, growing through grief, coping with holidays and special days, and looking ahead to the future.

There is no charge; however, registration is required to attend.

For more information and to register for “Managing Early Grief” call FHN Hospice at 815-599-7240.



**Managing Early Grief: The First Year After a Loss**  
Runs September 18 through November 13  
6 – 8 p.m. every Wednesday  
FHN Memorial Hospital • Private Dining Rooms, lower level