

*Hinds Hospice Center for Grief and Loss presents:*

## *Understanding Grief*

*A workshop for those grieving  
the death of a loved one*

*The journey of grief can bring an array of confusing feelings that often feel unpredictable and painful. This workshop will provide an opportunity to learn about the unique challenges and dynamics of grief. You will be provided strategies for coping through rituals, self care and suggestions for receiving support during this process.*

**PRESENTER:**

*Kathy Cromwell, LCSW*

*WHEN: Thursday, September 16th*

*TIME: 6:00-7:30 p.m.*

*WHERE: Hinds Hospice Conference Room D-7  
1616 W. Shaw (N/W corner of Shaw/Teilman)*

*FEE: \$10.00 (scholarships available)*



*Seating is limited, please  
call 248-8579 to register*