

Hinds Hospice Center for Grief & Healing presents:
Understanding Grief

A workshop for those grieving the death of a loved one

- + Upcoming dates below +
- + Choose a date that is best for you +
- + Each stand-alone workshop is 1.5 hours long +

Thursday December 6, 2018
Thursday, January 31, 2019

The journey of grief can bring an array of confusing feelings that often are unpredictable and painful. This workshop provides 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 ongoing support.

PRESENTER: Kathy Cromwell, LCSW

WHEN: See above for upcoming dates

TIME: 6:00-7:30pm

WHERE: Hinds Hospice Patient Services Center
2490 W Shaw Ave. Fresno CA 93711

FEE: \$10.00 (scholarships available)



Seating limited
Please call 559-248-8579 to register

Hinds Hospice complies with all Federal Civil Rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.