

Sharing one's pain with others won't make it go away, but can make it easier to bear. The grief support group forms a healing circle. It is a safe, structured place where people bound by the experience of loss can come together to share their stories, have their concerns and feelings validated, learn more about the normal grieving process, express and work through their feelings and reflect with one another on the meaning of it all.

Six Mondays, March 25–April 29, 2024 2–4 p.m.

Hospice of the Valley

West Clinical Office 9435 W. Peoria Ave., Peoria, AZ 85345 Juniper Room

RSVP to Diane Lee by March 18

dlee@hov.org

This group will be limited in size. Please reserve your space soon.

