

## **Grief and Mourning**

*A series of free talks presented by Hospice of the Valley*

Loss is a common human experience. It can be helpful to understand more about grief and mourning, both for ourselves and to help each other. This series of talks will address the fundamentals of getting through grief, what to say and not to say, common myths and misconceptions, and ways to get through holidays and special milestones. You are welcome to attend any or all of the sessions.

### **Understanding Grief and Mourning**

Friday, September 23, 2011 – 10–11 a.m.

### **Grief and the Holidays**

Friday, November 4, 2011 – 10–11:15 a.m.

### **Picking up the Pieces: When a Spouse / Partner Dies, Part I**

Friday, January 13, 2012 – 10–11:30 a.m.

### **Picking up the Pieces: When a Spouse / Partner Dies, Part II**

Friday, February 10, 2012 – 10–11:30 a.m.

### **Helping Another in Grief**

Friday, April 13, 2012 – 10–11 a.m.

### **Desert Foothills Library**

38443 N. Schoolhouse Rd., Cave Creek, AZ 85327

### **Questions?**

Joan Zecherle @ 602.330.9606 or [jzecherle@hov.org](mailto:jzecherle@hov.org)

*presented by*



**HOSPICE**  
*of the* **VALLEY**

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