



# Memories of the Heart...

## *When a loved one dies of dementia*

Have you suffered the death of a loved one with a dementia-related illness and would benefit from sharing with others who have gone through a similar experience? Hospice of the Valley invites you to join our new grief support group, provided at no charge. A professional bereavement counselor will facilitate this in-person group. We will discuss coping with loss in a supportive and confidential environment. Topics may include:

- Understanding the grieving process.
- Adjusting to life without the physical presence of your loved one.
- Dealing with a variety of emotions.
- Reinvesting in meaningful activities and relationships.
- Honoring memories and taking next steps.

**1st and 3rd Tuesday of each month**

10:30 a.m.–Noon

Virtual beginning Sept. 6, 2022

**Dementia Care and Education Campus**

3811 N. 44th St., Phoenix, AZ 85018

To register, and for link, please call

**(602) 636-5390**

*"Sadness is a condition treated with human connection"*

Pauline Boss



*Your not-for-profit hospice since 1977*

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