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.

**Now Virtual**
1st and 3rd Tuesday of each month
10:30 a.m.–Noon

To register, and for Zoom link, please call
(602) 636-5390

“Sadness is a condition treated with human connection”
Pauline Boss