

# Understanding Your Grief

A support group for anyone  
who has lost a loved one.



*When someone you love dies, it can be hard to understand the complex and painful thoughts and feelings you often have. Join us for this FREE 8-week grief support group where you will explore different ways to help yourself heal.*

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**EIGHT WEEKLY SESSIONS**

**6:30 – 8 pm**

**Mondays, starting September 13 through November 1**

Lumpkin Family Center for Health Education,  
Madison Room, at Sarah Bush Lincoln Health Center

*Entrance C on the north side of the Health Center.*

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To register, or for more information, call our bereavement counselor at 1-800-454-4055.

*Seating is limited. Masks are required.*



**Lincolnland Hospice**

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