

# 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 to 8 pm**  
**Mondays**

*Starting September 19 through November 14*

**Center for Healthy Living**  
1004 Health Center Drive, Mattoon  
2nd floor conference room

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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.*

 **Sarah Bush  
Lincoln**  
Trusted Compassionate Care

**SBL Hospice**

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