

# A Journey Through Grief

Personal, Interactive, Informative, and Available  
for those who have entered that journey.

We at UP Health Systems Hospice desire to help you find comfort and hope through this stage of your life after the loss of a loved one. You maybe be dealing with loneliness, depression, and some other aspects of grief of which you are in need of support or encouragement. It is our desire to assist you in this new year with your concerns related to grief and loss. **We are going to hold an in person support group and also incorporate the phone in for those who feel comfortable with that venue.** Dates are for the last Monday of each month. Topics will vary and depending upon the course of discussion in your particular area of concern.

**January 31,2022 “New Year, Not Looking Forward To It”**

**February 28, 2022 “Lost Loves”**

**March 28.2022 “Is There Hope? What Will it Look Like”**

**April 25, 2022 - “Depend On How I Feel”**

For phone contact: There are two steps to follow to connect to the event:

1. Call **1-337-366-8263**

2. Enter the Attendee access code followed by the # key (573 198 775 #)

This number will connect you with the group call.

For in person attendance: We will meet at Blessed Hope Baptist Church in the basement. The address: 2530 14<sup>th</sup> Avenue South Escanaba , MI 49829. We understand the distance issue for those in the Menominee area, thus when we can establish a place for in person attendance, we will make that information available to you. Thank you for your understanding.

There will be a brief introduction about call protocol and dialogue between attendees. **The meeting will be from 6-8 pm EST.**

You may feel free to share or just to listen. The call and meeting will be monitored by your Host, Lewis Hague UPHS Bereavement Coordinator in Escanaba. If you have any questions please feel free to contact our office or my phone number.

Escanaba Office: 906-212-4933 or my cell# 906-241-6812

Thank you for allowing us this opportunity to share in your lives.