

BRIDGES OF *hope* SUPPORT GROUP

2021

This support group is intended to help anyone working through grief resulting from the death of a loved one.

- When:** Monday evenings, 6:30-8:00 p.m.
Tuesday mornings, 10:00-11:30 a.m.
Content is the same on Monday and Tuesday each week
- Session 1: February 15-16..... **Overview of Grief and the Process of Grieving**
Session 2: February 22-23..... **Moving Through Grief**
Session 3: March 1-2..... **Feelings: Identifying and Dealing with Them**
Session 4: March 8-9..... **Impact of Loss and Grief**
Session 5: March 15-16..... **Coping and Strength**
Session 6: March 22-23..... **Hope and Healing**
- Location:** Pedersen Funeral Home, 101 South Atlantic Avenue, Morris
- Facilitator:** Rose Murphy, Grief Care Coordinator with Pedersen and Starbuck Funeral Homes
- Format:** Each session will include information and education on some of the primary stressors associated with the death of a loved one. Content will be the same on Monday and Tuesday each week. Attend at the most convenient time. Sessions will last 1.5 hours and include a break. There will be time for questions and discussion. Dress informally/comfortably.

To register, please contact Pedersen Funeral Home at 320-589-3220.
You are welcome to attend any or all sessions even if you did not register.

Pedersen
Funeral & Cremation Service

101 South Atlantic Avenue, Morris, MN 56267
320-589-3220 • www.PedersenFH.com



Rose Murphy, Grief Care Coordinator

Starbuck
Funeral Home

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