

## What is Grief

Grief is a natural and normal reaction to loss. The grief journey is a very emotional and private walk that each of us need to take as we learn to live with the death of our loved ones. Grief is necessary to heal and experience emotional growth.

Putnam County HomeCare & Hospice offers Journeys to remind others that they are not alone on this path.

Together we can heal through understanding and companionship.

Those that attend will find others who have gone through many of the same life experiences on their "Journey of Grief"

Journeys is offered free of charge to anyone in the community who has experienced the death of a loved one. Journeys is an informal supportive gathering with a trained grief facilitator

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## Journeys

### Grief Support Group

Held on the 3<sup>rd</sup> Tuesday of each month at 6:30 pm

**Putnam County  
HomeCare & Hospice**

**575 OG Rd Suite 3**

A service of



# Journeys



Is a group for men and women who have experienced the death of a loved one. Journeys will help family and friends learn to live with the isolation and loneliness by providing an opportunity to meet together and develop supportive relationships that will encourage sharing of feelings in a safe environment.

Through sharing similar circumstances with a group facilitator, the group will find emotional support and encouragement along with a better understanding of the grieving process.

## How Can Follow-Up Help

- ♥ It can provide education about the grief process and what you might expect during your journey.
- ♥ It can teach you new ways to learn to live with the stress of loss and grief.
- ♥ It can provide help in becoming involved in a new life and seeking out new support people, groups and activities.
- ♥ By simply knowing that someone is available in your time of need...so that you may feel more relieved and more secure about how to carry on and live with your grief
- ♥ It will remind you that you are not in a race and grief is not a hurdle to jump over...you will learn tools to use in your daily lives to keep living!

## For Information & Group Schedule



*Please contact...*

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