

Habitat Restore

DISCOUNT HOME IMPROVEMENT AND DONATION CENTER 415 W Lacey Blvd, Hanford

EBRATE WITH U

WEDNESDAY, JUNE 27

Reception-5 to 5:30pm

With appetizers and refreshments

Presentation-5:30 to 6:00pm

WEDNESDAY, JULY 11

Ribbon Cutting 9:30am





New support for those who've lost a loved one

Life can never prepare you for the loss of a loved one, but support from others who are experiencing the same sorrow is available.

Adventist Health Home Care Services is offering a new support group called **Grief Share**, beginning Thursday, July 26 from 6:30 to 8 p.m. at 450 N. Greenfield Ave., Conference Room 1. **Grief Share** is a small group of people who are grieving the loss of loved ones. Participants and leaders will journey together through the most difficult aspects and challenges of loss and grief.

The 13-week support group covers a new topic each week and is led by caring people who have experienced grief and have successfully rebuilt their lives. Participants will receive a free workbook and are encouraged to attend all 13 sessions.

Topics include:

- Is This Normal?
- Challenges of Grief
- The Journey of Grief Part One
- The Journey of Grief Part Two
- Grief and Your Relationships
- Why?
- Guilt and Anger
- Complicating Factors
- Stuck
- · Lessons of Grief Part One
- Lessons of Grief Part Two
- Heaven
- What Do I Live for Now?

The program is nondenominational and features biblical concepts for healing from grief.

The deadline to sign up for the group is Monday, July 23.

Space is limited, so please secure your spot today by contacting Home Care Services at

559-537-2860 any one can help you to sign up – you can also ask for Andrea ...

Andrea, APCC / SSP Grief Group Facilitator Adventist Health

Email - lottae@ah.org