

Hospice & Palliative Care

Bereavement Programming

October, November, December 2018

Grief 101

Monday, October 8, 2018 --- 2:00 pm– 4:00 pm

HealthPartners Neuroscience Center

295 Phalen Blvd., St. Paul, MN 55130

3rd floor—Point of View Room

Free Parking in ramp.

No cost. Registration required.

This workshop will explore the normal experience of grief, how healing happens and where to find hope in the process. Practical strategies for regaining joy and meaning after loss will be presented.

Surviving the Winter Holidays

Saturday, November 10, 2018 --- 1:00 pm-3:00 pm

HealthPartners Como Clinic

2500 Como Ave, St. Paul, MN

Conference Room A, 2nd floor

No cost. Registration required.

The holiday season is quickly approaching. It may be helpful to anticipate some of the grief triggers that the holidays may bring and plan ahead for them. Celebrations during the holidays can highlight the loneliness we feel after a loss that can leave us feeling out of sync with the world around us. There are ways to navigate the holidays that help lessen the pain and increase the possibility of hope.

Finding Light in the Darkness Support

Three Wednesdays in December: 5, 12, 19 --- 2:00 pm-4:00 pm

HealthPartners Hospice

8101 34th Ave. S, Suite 200, Bloomington, MN

No cost. Registration required.

December can be a time when grieving people feel out of sync with the rest of the world. The “joy” of the season feels bittersweet and the long dark winter looms ahead. Join us—we’ll create and share the light within the darkness of the season. This group is a 3 part series and meets three consecutive weeks in December. Plan to attend all three times. Please call to learn whether this group is a good fit for you.

*****Call Sarah at 952-883-7117 to register*****