



Grief Support

3 Tuesdays of Information & Grief Support

Groups will start on April 16th, with subsequent Tuesdays, April 23rd & April 30th at **9:00 - 10:00 a.m.**

Light refreshments provided.

**For more information contact:
Donna Rosado at (423) 892-4289**

McMinn Senior Activity Center
205 McMinn Avenue
Athens, TN 37303

TUESDAY, APRIL 16

Learning about Grief

Tasks of Mourning, and the ABC's of Grief

TUESDAY, APRIL 23

Giving Self Permission to Mourn

Reactions to Grief, i.e. stress, guilt, anger

TUESDAY, APRIL 30

Continuing Bonds Activity

Surviving the Holidays, Grieving & Growing