“UNDER THE WILLOW TREE”

**GRIEF SUPPORT GROUP**

hosted by Leigh Ann Pratt

 Bereavement Coordinator



**What:** When life’s storms blow through its branches, it learns to adapt. Known for its flexibility, the willow tree’s strong roots grip the soil and braces itself for impact. This tree has mystified generations offering children a magical place to play, the soul a place to find refuge, and the mind an inspirational space to imagine and dream.

**“Under the Willow Tree” is a grief support group offered virtually by Willow Tree Hospice.**  This is a safe place to share, grow, and socialize with other adults going through bereavement. Through discussion and special guest speakers, we'll offer not only an opportunity to learn from each other, but we hope to equip you with tools to aide in the grief process, reduce stress, and create new friendships. The virtual setting is unique. We ask we can see your face (aka use video) to help make the connection more personal, if possible.

**When: WEEKLY--** Thursdays 7-8pm Length of meeting will vary from 30-60 min depending on attendees and length of sharing. You do not have to attend weekly, but it will be offered weekly.

**Where: Microsoft Teams**   **Cost: NONE**

**You must email me to pre-register:** Leighann.pratt@amedisys.com

Once you register, an email invitation with the link to the meetings will be sent to you. This is open to adults who have lost loves ones regardless of it was on Willow Tree Hospice or not. If you have any questions, please do not hesitate to let me know.

**October:**

Focus on Grief: What it is, symptoms of it, stages, theories etc.

November:

Focus on mindfulness & gratitude as coping tools

**December:**

Focus on options/coping tools for surviving grief during the holidays