

We understand...

Grief can be mysterious and unsettling when it hits. As Hospice experts, it is our calling to accompany people as they take the journey of grief.

That's why we created *Grief Speak*.



Grief Speak is a nationwide webinar on grief by hospice professionals. It is open to everyone who is grieving or supporting someone who is grieving. Topics include but are not limited to:

- Grief 101: The Basics of Grief
- Depression and Grief
- Rediscovering Hope When Hope Is Nowhere to Be Found
- How To Survive the Holidays

Grief Speak is the second Tuesday of each month at:

EASTERN	CENTRAL	MOUNTAIN	PACIFIC
7 p.m.	6 p.m.	5 p.m.	4 p.m.
9 p.m.	8 p.m.	7 p.m.	6 p.m.

Each presentation is 15-25 minutes in length. Participants will remain anonymous unless they choose not to be. After the presentation, participants may ask questions, make comments, or share stories.

Call: 337.500.1919

Meeting ID: 116 980 138 23#



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