



## Working Through Grief – *a project based process*

Grief and loss are unique to the individual, and likewise the grief *process* is unique to the individual. Some people prefer to be alone while they grieve, some want family around, some prefer to talk about it with counselors and some want to work with their hands.

*This new grief program is specially designed for those who prefer to journey through grief while working with their hands.*

If you think *Working Through Grief* may help you, please join Tammy for one of the following three-hour sessions:

- Tuesday, July 5, 6-9pm
- Thursday, July 7, 1-4pm
- Spiritual Care Office, RAMC
- This program is **FREE** of charge. ***Please pre-register.***

Please contact Tammy Koenecke, RN, BSN, MASL, Spiritual Care Coordinator for more information or to sign up for the class. **768-6249**

