



BEREAVEMENT SUPPORT GROUP

Grief comes in all forms for so many different types of losses.

That's why Ohio Living Home Health & Hospice is offering an educational series about grief. We want you to know that you're not alone, and to offer you tools and resources that can help you face your loss in a healthy, meaningful way.

Join us in the McDowell Community Room of the **Fairlawn Public Library** (3101 Smith Road in Akron) or the Assisted Living Activity Room on the main floor of **Ohio Living Rockynol** (1150 West Market Street in Akron) for any or all of the following meetings. Each will take place from 3 to 4 p.m.

Grief and the Family

Feb. 11 | Ohio Living Rockynol

Grief: Taking Care of Self

Mar. 10 | Fairlawn Public Library

Steps to Survival

Apr. 14 | Ohio Living Rockynol

Caring for a Grieving Friend

May 19 | Fairlawn Public Library

Taking Care of the Spirit

June 9 | Ohio Living Rockynol

Understanding Grief

July 14 | Fairlawn Public Library

Taking Care of Self

Aug. 11 | Ohio Living Rockynol

Building a Social Network

Sept. 8 | Fairlawn Public Library

Dealing with Difficult Loss

Oct. 13 | Ohio Living Rockynol

The Newly Widowed

Nov. 17 | Fairlawn Public Library

Remembrance and Loss: Coping with Grief During the Holidays

Dec. 1 | Fairlawn Public Library

Dec. 8 | Ohio Living Rockynol

Call Kelly Yeager at **330.873.3468**
or visit **ohioliving.org** to learn more.



Ohio Living
Home Health & Hospice