



VOLUNTEER **HOSPICE** OF CLALLAM COUNTY

Grief Support Group

Five-week Series

Mondays, January 28 - February 25

1 pm to 3 pm

**Trinity United Methodist Church
100 S. Blake Street, Sequim**

Our grief support groups provide an atmosphere of safety and acceptance, where participants may:

- **share their feelings and experiences with others**
- **gain a clearer understanding of the grieving process**
- **learn coping strategies & skills for the emotional pain of loss**

Confidentiality is essential to the group process.

This emphasis on honoring one another's confidences helps to create an atmosphere of openness and trust, so essential to the sharing experience.

Free and open to anyone

**Information and Registration: 360.452.1511
(group size is limited)**

Volunteer Hospice of Clallam County provides free services to terminally ill patients and their families.

To learn more, call 360.452.1511 or visit VHOCC.ORG