

HOSPICE of SAN JOAQUIN



3888 Pacific Avenue
Stockton, CA 95204
209-957-3888 * www.hospicesj.org



UNDERSTANDING YOUR GRIEF

A one-time workshop for the newly bereaved

Saturday
January 23, 2010
10:00—11:30 am
Meeting at
Tracy Library
(20 E. Eaton Ave, Tracy)
or
Monday
January 25, 2010
3:30—5:00 PM
Meeting at
Hospice of
San Joaquin
Administration Building
Stockton

Facing your grief may be the hardest task you will face in your life. Feelings can seem overwhelming and confusing. The pain of the loss can be crippling.

This workshop is designed to help the newly bereaved understand the journey of grief, determine when professional help is needed, and identify tools that are key to the healing process.

Pre-registration is required and may be done by calling the Bereavement Coordinator at 209-957-3888.