



Monthly Grief Support Meeting

"Grievers aren't broken; they don't need to be fixed."

**Stuck in Grief
(Am I?)**

January 2, 2019

Messiness of Grief

February 6, 2019

Secondary Losses

March 6, 2019

Grief 'Fog'

April 3, 2019

Developing Grief

Coping Tools

May 1, 2019

Myth – Time Heals

June 5, 2019

Grief Affects our Entire Being

July 3, 2019

My New Normal?

August 7, 2019

Roller Coaster of Grief

September 4, 2019

Grief Resources

(share resources/ideas)

October 2, 2019

Holidays

(avoiding/changing/dealing)

November 6, 2019

Open Meeting

December 4, 2019

in memoriam

funeral services inc.

~ As Unique as You Are ~

Meetings will be located inside the Mono Plaza at the
In Memoriam Funeral Services Office from 7-9pm.
(please park in the rear parking lot
located East of the building)

For more information visit imfunerals.com