

grief got you down?

The death of someone you love can bring not only tears and sadness, but a sense of chaos and disorientation too. It can feel like you're going crazy. But don't despair . . .

Lakeview Hospital's Grief Support Groups can help!

Weathering Life's Losses Adult Grief Group: Six Thursday evenings, September 5 - October 10, 6:00 - 7:15 p.m., Lakeview Hospital. A grief support group where participants learn about grief, have an opportunity to share their story, as well as hear and support others who have experienced a loss. Free, no registration required.

The next session will be held: Thursdays, November 7 - December 19, 2019 (omitting November 28, Thanksgiving Day).

Kids & Teens in Grief: Thursdays, October 3 - November 7, 2019, 6:00 - 7:15 p.m., Boutwells Landing. A grief support group for school-aged kids (5-18 years old) where they can learn about death, grief, and remembering their loved one, while forming a community of support with other kids who have experienced the death of someone they love. While the kids & teens have their session, parents/guardians gather for their own support. Free, but pre-registration required.

For more information call: Chaplain Bob Furniss at 651-430-4578



Lakeview Hospital

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