

Support Groups Offer...

Grief support groups offer support, friendship, information, and an opportunity to talk or listen with other people grieving the death of a loved one.

Support groups are no cost and are open to the public.

If you have experienced the death of a...

Spouse
Child
Sibling
Parent
Grandparent
Friend

or any other important person in your life...

these groups could be helpful to you.

“What we have once enjoyed and deeply loved we can never lose, for all that we love deeply becomes a part of us.”

Helen Keller

7-8-09



Redwood Area Hospital
100 Fallwood Road
Redwood Falls, MN 56283

Grief Support Groups for Adults & Children



Redwood Area Hospital

Caring People...Caring for People

Adult Grief Support Group

2010 Schedule

February 2, 9, 16, 23 &
March 2, 9, 2010

Tuesday evenings from 5:00-7:00 p.m.

and

October 5, 12, 19, 26 &
November 2, 9, 2010

Tuesday evenings from 5:00-7:00 p.m.

Adult Day Services Room
Redwood Area Hospital

Handling the Holidays & Other Special Days -

For information (resources) and support regarding handling the holidays and other special days, please contact the Redwood Area Hospital Social Services Department at 507-637-4616.

"In the midst of winter I found at last there was within myself an invincible summer".

Albert Camus

How Can These Support Groups Benefit You?



By providing opportunities...

...to work through your own grief as you verbalize thoughts and feelings about the loved one who has died.

...to realize that the "up and down" emotions associated with grief are entirely normal.

...to gain strength from other grieving persons whose sorrow has softened and whose hope has begun to be renewed.

...to gain information about grief and loss through the use of videos, pamphlets, group discussion, and books in the bereavement library.

...to experience the care and support of others in the group.

Bridging the Gap

A grief education and support retreat for children and teens in grades K-12 who have experienced the death of someone special recently or some time earlier in childhood.



Learning and sharing activities will center around videos, small group discussions, art expression, journaling, and games. Snacks and a noon meal are provided at no cost.

2010 Schedule

March 27, 2010
October 9, 2010

Saturdays 9:00 a.m. - 1:00 p.m.

For more information or to register, call the Redwood Area Hospital Social Services Department at 507-637-4616.

Visit our website at
www.redwoodareahospital.org