

Healing through Grief

A 6-Week Grief Support Group

Every Tuesday from
August 1st - September 5th

1p.m. -3p.m.

Bethesda Hawthorne Place
1st Floor Activity Room
1111 S. Berry Rd.
St. Louis, MO 63122

Free of Charge

Facilitated by:
Leslie Schaeffer, MSW, LCSW
Kelly Stickley, MSW, LMSW

Begin to heal through...

...sharing as much or as little as you feel comfortable in a non-judgmental place.

...addressing some of the difficulties and struggles that you have dealt with through your grief.

...connecting with others who have experienced a loss.

...learning helpful ways to move forward through grief from peers and facilitators.

...identifying ways to reinvest in yourself and your future.

For more information or to RSVP
Contact Leslie Schaeffer at
314-373-7025 or
lschaeffer@bethesdahealth.org

BETHESDA Hospice Care

www.bethesdahealth.org