



JUNE 21 7 PM

GRIEF SUPPORT

Grief Support/Celebration of Life

All of us will experience grief at some time in our life. The journey with grief can seem difficult and lonely. Learn techniques to help you work through grief. Share with others ways that have worked for you in learning how to cope and continue living your life. Our time will end with a celebration of the lives of our loved ones who have died.

EVERYONE IS WELCOME



Fosston Ministerial
Association

HOPE LUTHERAN
CHURCH 508 FOSS
AVE N, FOSSTON

HOW DO I KNOW I'M
MAKING HEADWAY
IN MY GRIEF?

HOW DO I KNOW IF I
NEED HELP WITH
MY GRIEF?

GRIEF CAN AFFECT
US IN MANY WAYS

WE EXPERIENCE A
VARIETY OF LOSSES
IN OUR LIFETIME

FOR MORE INFORMATION

Carrie Danielson, LSW
Essentia Health-Fosston

218-435-7661

Refreshments & Lunch
to be served!