



Owen Grief Support Group

“Now and Beyond”

Grieving the Loss of a Spouse

Thursdays, September 10, 17, 24, & October 1, 8, 15
11 am – 12 pm
Owen Aftercare Office
5317 Dixie Highway

The “Now and Beyond” grief support group is limited to 8 members and meets for six weeks for an hour to address the needs and questions of those who have lost a spouse through death. Each meeting consists of presentation, discussion, and support.

Weekly topics will focus on particular aspects of the grief process such as:

- *Learning to Live with Loss*
- *The Grief Response (Allowing a Natural Response)*
- *The Emotional Rollercoaster of Grief*
- *When Everything Has Changed! (Adjusting to Role Changes)*
- *Taking Care of Yourself*
- *Memories and Meaning*

Support groups are helpful when grieving a loss. They provide a relaxed atmosphere, to talk with others who have also experienced the loss of a spouse. In gathering as a group, members lend strength and encouragement to one-another as they share and understand the difficulties each other face.

If you would like to register or have questions, please call Genene Nisbet at (502)447-7759 or email genene.nisbet@owenfuneralhome.com.