



# Owen Grief Support Group

*“Now and Beyond”*

## *Grieving the Loss of a Spouse/Partner*

Mondays, February 10, 17, 24 & March 3, 10, 17

2 pm – 3 pm

Southwest Regional Library, 9725 Dixie Highway

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

Weekly topics will focus on 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 a similar loss. 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](mailto:genene.nisbet@owenfuneralhome.com).