



Understanding Your Grief

Bereavement Support Group

Hosted by Butte Senior Solutions Hospice and
Axelson's Funeral and Cremation Services.

A Series of Ten Sessions for those who have
experienced the death of someone significant.

Wednesdays September 27th through November 29th

6:00 PM to 7:30 PM

*Please call Deacon Dan McGrath 406-299-3777 or visit our website
www.seniorsolutionsmontana.com for more details and to register by*

September 26th



*"Mourning never really ends.
Only as time goes on, it erupts less
frequently." (Anonymous)*



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6:00 PM to 7:30 PM

- September 27th*** ***Touchstone 1 Open to the Presence of Your Loss***
- October 4th*** ***Touchstone 2 Dispel the Misconceptions About Grief***
- October 11th*** ***Touchstone 3 Embrace the Uniqueness of Your Grief***
- October 18th*** ***Touchstone 4 Explore Your Feelings of Loss***
- October 25th*** ***Touchstone 5 Recognize You Are Not Crazy***
- November 1st*** ***Touchstone 6 Understand the Six Needs of Mourning***
- November 8th*** ***Touchstone 7 Nurture Yourself***
- November 15th*** ***Touchstone 8 Reach Out for Help***
- November 21st*** ***Touchstone 9 Seek Reconciliation, Not Resolution***
- Note: Due to Thanksgiving week November 21st will be on Tue.*
- November 29th*** ***Touchstone 10 Appreciate Your Transformation***

