

# Grief Workshop

## Dates:

January 14th, 2019

February 4th, 2019

March 4th, 2019

April 1st, 2019

May 6th, 2019

June 3rd, 2019

July 8th, 2019

August 5th, 2019

September 9th, 2019

October 7th, 2019

November 4th, 2019

December 9th, 2019

## Time:

06:30 PM- 08:00 PM

## Location:

Mariners Church

5001 Newport Coast Dr, CA 92603-0164

Does it seem like words just aren't enough to express the grief that you feel? Or, maybe the words are hard to find? If you've lost someone important in your life and you're curious about different ways to work through your grief, then this workshop is for you. You'll be introduced to a variety of ways, beyond talking, that can support you in processing and honoring your grief.

Sponsored by the Southern California Hospice Foundation, a nonprofit dedicated to delivering a breadth of resources for patients, families and caregivers confronting the final stages of life, and led by Randy Hill, you will be encouraged that you are not alone. Contact Karen with questions, [kdoyle@marinerschurch.org](mailto:kdoyle@marinerschurch.org)

