

# Is your heart Broken? Lost? Stuck?

Learn the action plan that allows you to let go of pain following:

- Death
- Loss of health
- Job loss
- Relationship
- Any other loss

Join us for an informational session about this FREE grief recovery group!



Grief myths:

Grieve alone

Time heals all wounds

Replace the loss

Be strong for others

Bury your feelings

## Information meeting:

6 - 7 p.m.

*\*NEW NIGHT\**

**Tues., Jan. 7, 2025**

Fitzgibbon Hospital

Classroom suite (2nd floor)

Call (660)831-3235 for information  
or visit [www.fitzgibbon.org/grief](http://www.fitzgibbon.org/grief)

Made possible through  
Fitzgibbon Home Health & Hospice  
Memorial Funds



Group led by  
**Richard DeFord**  
Chaplain-BC

