

Crafting Your Grief Journey Support Group



**You are the CEO of your
grief journey ...**

You are invited to join us at the Pittsboro Center for Active Living and together we will work on crafting your grief journey in meaningful ways. We'll meet Tuesdays from April 2 – June 10 from 10:30 – 11:30 with a break for Memorial Day. Here's the schedule:

- ♥ April 2, 9, 16, 23, 30
- ♥ May 7, 14, 21,
- ♥ June 4, June 11

After losing someone we love, going out the door by oneself or being social can be very difficult and even painful. As hard as it might be, we hope you will join us to intentionally craft your grief journey.

Here's the address of the Pittsboro Center for Active Living:

Bring your sorrow and tears
Bring your broken heart and sadness
Bring your confusion, regrets, and relief
Bring your hopelessness and your hopefulness
And together, we will heal and mend and work to
find new purpose and meaning and lasting peaceful
memories

365 NC-87N
Pittsboro, NC 27312

For More Information Contact:
Robin Lemieux
Family Support Counselor
910-751-9017

 **Liberty Hospice**
Caring with Compassion