

Healing Through Grief Group

Sessions include an educational topic and a time to share with others also experiencing grief. Free confidential, one-on-one support is also available from a Franciscan Healthcare chaplain with specialized training in grief. Registration is not required, attend any or all sessions.

Mayo Clinic Health System – Franciscan Healthcare in La Crosse

700 West Avenue South | Hospital Building | Lang Conference Room

Alternating Mondays, April - August 2016 | 5:30 p.m. - 6:30 p.m.

April 4 – The Grieving Process: What’s Happening to Me?

April 18 – Grief with Our Family and Friends

May 2 – Tasks in Healthy Mourning

May 16 – Coping Through Anniversaries and the Holidays

May 23 – Differences Between Grieving and Depression

June 6 – Grief and Wellness

June 20 – Helping Children and Teens Cope with Grief

July 11 – Creative Memory-Making Ideas

July 25 – Praying Through Grief

August 8 – From Surviving to Growing

For more information call 608-785-0940, ext. 22218.

The Lang Conference Room is located in the Market Place cafeteria on the first floor of the hospital building.

Franciscan Healthcare