



Tools for the Journey through Grief

*An eight-week seminar for adult survivors
coping with the death of a loved one*

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~Sponsored by~
Heritage Health Services
1009 W. Quinn Rd.
Pocatello, ID

September 26, 2016 • 11:30 a.m. - 1 p.m.

Identify normal grief responses
“Are my feelings normal?”

Address spiritual concerns
“Why did God allow this to happen?”

Understand the grief process
“Where am I in the journey?”

Enhance coping skills
“How can I get through this?”

Review loss history
“How are other losses impacting me?”

Set direction for the future
“Where do I go from here?”

Facilitators: Steven McKee, LMSW and
Renee Bunderson, LSW

~ Pre-registration required ~
No cost to participants
Light lunch included

To register or for more information
Call (208) 238-0088

