



There is
such a thing
as **Good Grief.**
Just ask **Compassus.**

Grief is a natural and normal response to a loss, and the grief process is unique to each individual. As every relationship is unique, so are the feelings and thoughts each person has about the relationship that has been altered by death, divorce, or other events.



GOOD GRIEF

*A support group for everyone as we explore
a natural part of human experience.*

WHEN: Mondays, 4:00 - 5:00 pm
Sept. 12, 26 | Oct. 3, 17 | Nov. 14, 28

LOCATION: Uxbridge Senior Center
36 South Main Street
Uxbridge, MA 01568

SUPPORTED BY: The Uxbridge Council on Aging

Please join us as we navigate through some of life's moments of grief:

- from the loss of a loved one
- from the loss of independence
- from faith's uncertainty
- from the loss of a job
- from the loss of a pet
- in retirement

At the heart of who we are stands *compassion.*

**HOSPICE &
PALLIATIVE CARE**
Compassus
Serving with *Heartfelt Compassion*
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For more information contact:
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