

Good Grief

An seven-week seminar for those who have experienced the death of a spouse, a partner or family member from cancer within the last two years.



7 Tuesdays - March 26 to May 7, 2019

6:00-8:00 PM

Inova Loudoun Hospital

Radiation Oncology Conference Room

44035 Riverside Parkway, Suite 100

Leesburg, VA 20176

No rule book. No time frame. No judgement. Grief is as individual as a fingerprint. It's a normal, healthy and healing emotion. By sharing stories of the loss, the emotions around it, and ways of handling the challenges we face, group members can begin to integrate the loss of a loved one into their lives.

Discussion topics include:

- the process of grieving
- accepting and expressing one's emotions
- dealing with children, family and friends
- role and life style changes
- coping with special dates
- community resources

Advance registration is required • *No new registrations after March 26*

To register go to: www.lifewithcancer.org or call 703.698.2526

For more information, contact the facilitators:

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