



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 25, 2017 • 11:30 a.m. - 1 p.m.

Identify normal grief responses

“Are my feelings normal?”

Understand the grief process

“Where am I in the journey?”

Review loss history

“How are other losses impacting me?”

Address spiritual concerns

“Why did God allow this to happen?”

Enhance coping skills

“How can I get through this?”

Set direction for the future

“Where do I go from here?”

Facilitators: Steven McKee, LCSW and
Renee Bunderson, LSW

~ Pre-registration required ~

No cost to participants

Light lunch included

To register or for more information

Call (208) 238-0088