



PennState Health

St. Joseph



BEREAVEMENT SUPPORT GROUPS

2017

The Bereavement Support Group is for anyone who is experiencing grief due to the death of a loved one. Focusing on aspects of the grieving process, the support group will assist you in understanding how to cope with grief and how to begin turning your mourning into cherished memories of your loved one.

Meeting Time: **7:00 P.M. to 8:30 P.M.**

Location: **Penn State Health St. Joseph**
2500 Bernville Road, Reading, PA 19605

January 4, 2017

*Telling the Story
Setting the Context*

January 11, 2017

About Grief

January 18, 2017

Feelings and Grief

January 25, 2017

Stress and Grief

February 1, 2017

Finding Meaning in Loss

February 8, 2017

Holiday Coping

February 15, 2017

Rituals and Grief

May 3, 2017

*Telling the Story
Setting the Context*

May 10, 2017

About Grief

May 17, 2017

Feelings and Grief

May 24, 2017

Stress and Grief

May 31, 2017

Finding Meaning in Loss

June 7, 2017

Holiday Coping

June 14, 2017

Rituals and Grief

September 6, 2017

*Telling the Story
Setting the Context*

September 13, 2017

About Grief

September 20, 2017

Feelings and Grief

September 27, 2017

Stress and Grief

October 4, 2017

Finding Meaning in Loss

October 11, 2017

Holiday Coping

October 18, 2017

Rituals and Grief

NOTE: If you wish to attend the meetings, call the Spiritual Care Office, Penn State Health St. Joseph (610-378-2297), and leave your name and phone number. If you have questions, ask for Sr. Rose Dvorak, staff chaplain.