



PennState Health
St. Joseph



BEREAVEMENT SUPPORT GROUPS

2019

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 9, 2019

*Telling the Story
Setting the Context*

January 16, 2019

About Grief

January 23, 2019

Feelings and Grief

January 30, 2019

Stress and Grief

February 6, 2019

Finding Meaning in Loss

February 13, 2019

Holiday Coping

February 20, 2019

Rituals and Grief

May 1, 2019

*Telling the Story
Setting the Context*

May 8, 2019

About Grief

May 15, 2019

Feelings and Grief

May 22, 2019

Stress and Grief

May 29, 2019

Finding Meaning in Loss

June 5, 2019

Holiday Coping

June 12, 2019

Rituals and Grief

September 4, 2019

*Telling the Story
Setting the Context*

September 11, 2019

About Grief

September 18, 2019

Feelings and Grief

September 25, 2019

Stress and Grief

October 2, 2019

Finding Meaning in Loss

October 9, 2019

Holiday Coping

October 16, 2019

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.