



# COPING WITH LOSS

## 2023 Independence Health System Bereavement Support Program

*Life can feel overwhelming after the loss of a loved one. For many, it is a time of feeling alone and powerless. In a safe and supportive environment, our Bereavement Counselors invite you to share your stories with other who grieve.*

### **Grief Support Group**

Wednesdays | October 4 to November 8 | 2 to 3 p.m.

Trinity Lutheran Church | 331 Weldon Street, Latrobe

To register: 724-516-8605

Fridays | October 13 to November 17 | 2:30 to 3:30 p.m.

Blessed Sacrament Cathedral Formation Center | 300 N. Main Street, Greensburg

To register, contact Katie: 724-834-3710 Ext. 11

---

### **Christ-centered Grief Support Group**

Thursdays | September 14 to October 26 | 10 a.m.

4TheCity Church (Ministry Annex) | 5 North Maple Street, Greensburg

To register: 724-600-6360



Independence  
HEALTH SYSTEM

HOME CARE  
& HOSPICE

## **Grief and the Holidays Support Group**

Wednesdays | November 29 to December 20 | 2 to 3 p.m.

Trinity Lutheran Church | 331 Weldon Street, Latrobe

To register: 724-516-8605

## **Grief and the Holidays Workshop**

Saturday, December 2 | 2 to 4 p.m.

Blessed Sacrament Cathedral Formation Center | 300 N. Main Street, Greensburg

To register: 724-516-8605

In this workshop we will offer suggestions about how to navigate the holidays while you are grieving. We will also create a simple memorial ornament to honor your loved one.

---

## **The Neighborhood Kids Program**

Behavioral Health Building, One Mellon Way, Latrobe | 6-7:30 p.m.

Ages: 5-9     Sept. 18 – Oct. 23

Ages: 10-14     Oct. 30 – Dec. 4

Ages: 15 – 18 call for information

To register and for more information call 724-516-8605

This group is a family-based Grief Support Program for children.



**Independence**  
HEALTH SYSTEM

**HOME CARE  
& HOSPICE**