



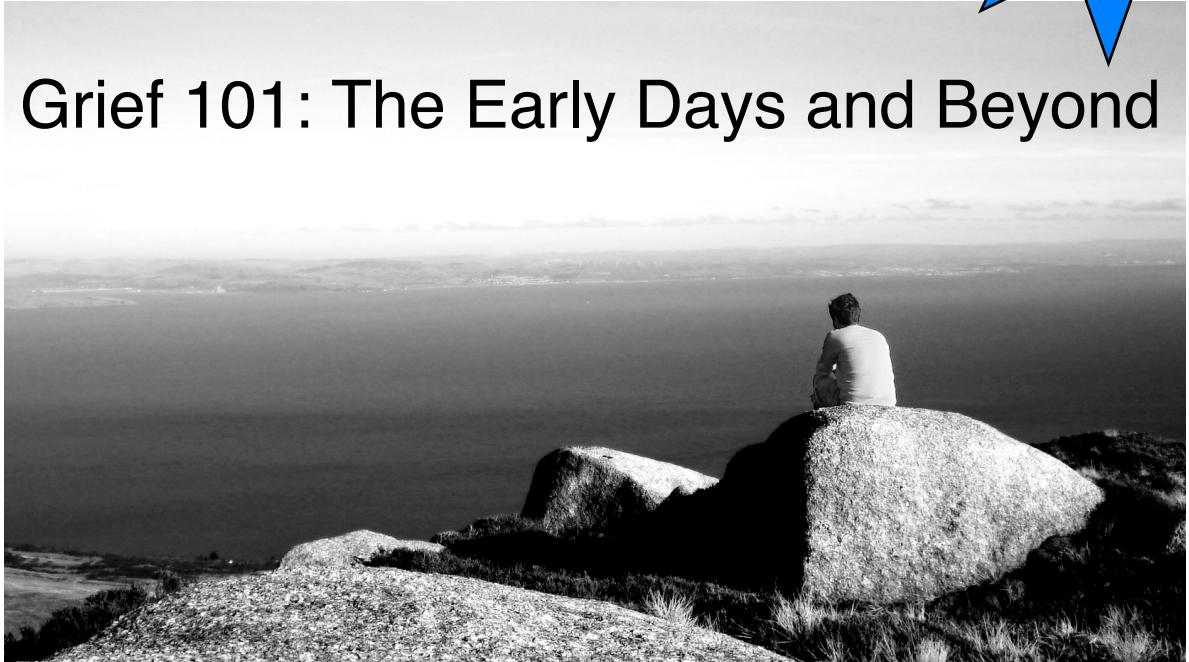
# Providence

Hospice Sonoma County



NEW!

## Grief 101: The Early Days and Beyond



### A Three-Part Series on Living with Loss

**Meets Wednesdays**

August 7, 14 and 21, 2024

4pm - 5:30pm

Providence Hospice  
439 College Avenue  
Santa Rosa

Facilitated by:  
Christopher Bowers, AMFT  
Myra Mayesh, LMFT

#### *We will learn about:*

- Emotional, physical & pragmatic demands of grief
- Models of grief
- Common grief reactions
- Family dynamics
- Common reactions to grief
- Self-care & care of others
- Different types of losses
- Grief and mental illness
- Prolonged grief
- Grief and the brain, body and nervous system

#### *You will be invited to explore:*

- Your unique grief story
- Tools for coping
- Expressive exercises
- Resources for support

REGISTRATION IS REQUIRED. CALL 707-568-1094, EXT 140 FOR INFORMATION