

Grieving can be so hard. Even those who love us most may not understand our grief or how to help. You are not alone. Support from others who have also experienced a loss can help you cope.

Hospice Volunteers of Hancock County is offering <u>free grief support groups</u> for those who have lost a loved one. Meetings will take place on a weekly basis, January 30 – March 24, with the weekday and time to be determined by the availability of registered participants.

## These groups:

- are confidential and free of charge.
- last for 8 weeks.
- provide a great way to find support and make friends.

Deadline to register: Friday, January 13

**To register,** visit our website: <a href="www.hospiceofhancock.org">www.hospiceofhancock.org</a>, and click on "Support," then "Grief Support" to find the registration form.



For more information, call our office at 667-2531.

