We are all different, but this we share. We can journey together.

We each bring our stories, our memories, our hearts.

The path is not clear, but we can help each other.

We can love and hope together.

If you have suffered a loss and would like more information please contact:

Amedisys Hospice of Pennsylvania Masontown, PA 724-583-2680

# Masontown Area Bereavement Support Group



**Together We Can Grow Through Our Grief** 

A support group sponsored by Amedisys Hospice of Pennsylvania (Masontown, PA)

# Grief is the normal response of...

- Sorrow
- Emotion
- Confusion

...which comes from losing someone or something important to you.

# How long does grief last?

Grief lasts as long as it takes you to...

- Accept your loss
- Live with your loss

# When does grieving end? When you...

- Work through the physical and emotional pain of grief
- Adjust to living in a world without the person or item lost
- Move on with your life

## We Want to Help

Our bereavement support group helps to meet the needs of people in the Greene County and Masontown areas who have suffered a loss. It offers all those who mourn the opportunity to share their loss, get help in the hard work of the grieving process, and gain new direction in their lives. This is made possible by the cooperation of health care professionals and caring volunteers. It is open to men and women who share the common bond of grief following a significant loss.

# **Monthly Meetings**

## Fourth Wednesday of Each Month - 2 Sites Available

Amedisys Hospice of PA Community Action Southwest

2183 McClellandtown Rd. 58 E. Greene St.

Masontown, PA Waynesburg, PA 15370 6:00 PM – 7:30 PM 3:00 PM – 4:30 PM

At each meeting, group members support each other emotionally, share information or concerns, and learn from guest speakers and programs how, together, each of us can find our own strengths to begin a new life.