

Have you experienced loss through the death of a loved one or friend?

## Healing the Grieving Heart

### An Adult Grief Support Program

The program consists of five sessions held on consecutive Thursday evenings.

The topics discussed include:

- ≈ understanding your grief
- ≈ understanding others' reaction to your grief
- ≈ reconstructing your life
- ≈ and experiencing life anew

### OUR NEXT SESSION BEGINS

**June 2, 2011**

**thru**

**June 30, 2011**

**6:30 p.m.**

**Hospital Auditorium**

\* Preregistration is Required \*

Call St. Anthony's Community Relations

217-347-1529

or visit our web site at

[www.stanthonyshospital.org](http://www.stanthonyshospital.org)



**St. Anthony's**  
MEMORIAL HOSPITAL  
EFFINGHAM, ILLINOIS

AN AFFILIATE OF HOSPITAL SISTERS HEALTH SYSTEM