



TEMPLE ISRAEL'S

MOVING ON: LIFE AFTER LOSS SUPPORT GROUP

"SHARE IN A WARM, CONFIDENTIAL SETTING"

After the death of a loved one, there are so many thoughts, feelings, and experiences to deal with. Accepting the death of a loved one requires one to fully experience his or her grief. Sharing grief within a group setting enables people to recognize the commonality of their experiences while also defining the uniqueness of their grief.

The support group:

☆ focuses on helping those dealing with the loss of a loved one to remember and to move on.

☆ provides support in a healing environment.

☆ is led by licensed health care professionals offering confidentiality, warmth, and a place to come and share.

JANUARY 13, JANUARY 27, AND FEBRUARY 3, 2011

7:00 P.M.

**TEMPLE ISRAEL
ADULT LOUNGE**

This support group is for those who have lost a loved one within the past year. There are three meetings; after the second meeting, the group will be closed to new participants. For more information, please call the clergy office at 937-2774 or e-mail gub@timemphis.org.