



Living With Loss



October 3, 2017 at 7 -8:30pm

October 17, 2017 at 7-8:30pm

Lynnewood United Methodist Church

4444 Black Avenue, Pleasanton, CA 94566

This introduction to the topic of loss and grief will provide an overview of the variety of losses in life, what grief is, how we experience it, the relationship between dementia and grief, and how we can cope and build resilience following a loss. There will be an opportunity for participants to dialogue with others and to ask questions.

This educational program is free and open to the community.

There will be refreshments and resources for those who attend.

**Instructors: Rev. Lauren Chaffee with Suncrest Hospice Social Services.
Call 408-900-8838 or email LChaffee@suncrestcare.com for more information.**