

Young Adult Grief Support

Mourning Hope Grief Center is offering grief support options for bereaved young adults between the ages of 19 and 30(ish)

1

option

The next young adult gathering will be a dinner and social event at Tico's on Thursday, September 24, 2015 from 6:30 - 8:00 p.m. **Whether you are single, married, have experienced the death of a family member, co-worker or friend, Mourning Hope invites you to participate in this supportive, casual dinner.**

We simply invite you to share a relaxed meal with others in the community who have experienced a significant loss due to death. Dinner will be paid for by Mourning Hope, but pre-registration is required.

2

option

The second option is a 4-week grief support group offered on Thursday evenings starting in early October. The group will meet each Thursday from 6:30 – 8:00 p.m. at the Mourning Hope Grief Center (4919 Baldwin Avenue) on October 1, 8, 15 and 22.

The young adult group will provide an opportunity for bereaved individuals to meet with others struggling with the wide range of emotions experienced following the death of a loved one. **The tone and environment of this group will be informal, safe, non-judgmental, open and accepting.** Pre-registration is required.



The dinner and grief support series are both provided free of charge, but participants must pre-register.

To register, contact Mourning Hope at 402.488.8989 or cmason@mourninghope.org
www.mourninghope.org

