

## Free Bereavement Program

*"Growing Through Grief: Rebuilding Hope"* is a six-week bereavement program offered free for anyone coping with the loss of a loved one. Experienced bereavement counselors create a welcoming setting for those dealing with a difficult loss. Two sessions are scheduled:

- **Jefferson Regional Medical Center**, 565 Coal Valley Road in Jefferson Hills at the James Bibro Pavilion Conference Center. This session will be held on Mondays from April 9 through May 15 (May 15 is a Tuesday) from 6:30 p.m. to 8:30 p.m.

- **Southminster House**, 801 Washington Road in Mt. Lebanon on Wednesdays from April 18 through May 23 from 1:00 p.m. to 3:00 p.m.

Because space is limited to the first 25 attendees Pre-registration is required by calling the Family Hospice Bereavement Department at 412-572-8829, or visit [www.familyhospice.com](http://www.familyhospice.com).

In addition to the two bereavement sessions, Family Hospice on-going support programs for those dealing with the loss of a loved one. These programs are held at the locations listed below.

- **The Center for Compassionate Care**, 50 Moffett Street in Mt. Lebanon. This group meet on the third Monday of every month from 7:00 p.m. to 8:30 p.m.

- **Southminster House**, 801 Washington Road in Mt. Lebanon. This group meets on the second Tuesday of every month from 1:00 p.m. to 2:30 p.m.

- **Baldwin Community United Methodist Church**, 5001 Baptist Road in Whitehall. This group meets on the first Wednesday of every month from 7:00 p.m. to 8:30 p.m.

All above are free to the public and no registration is required.

For more information on these South Hills support groups, contact the Family Hospice Bereavement Department at 412-572-8829.