

# Heartland Home Healthcare & Hospice

invites you to participate in a  
4 week Grief Support Group



## *Handling the Holidays*

**WHEN:** Every Monday, beginning November 23<sup>rd</sup>  
and ending on December 14<sup>th</sup>,  
from 1:30PM to 3:30PM.

**WHERE:** Heartland Home Health Care and Hospice  
12101 Woodcrest Executive Dr. Ste. 102  
St. Louis, MO 63141

We will discuss traditions and rituals to help cope with the holidays, ways to honor your deceased loved one during the holidays, goal setting and holiday health tips among other topics.



**This group is free and is open to anyone  
who has experienced a loss.**

**Refreshments will be provided.**

**If you are interested in participating, please call  
314-453-0990 or 1-800-338-6667.**

**PLEASE CALL SOON TO REGISTER. SEATING IS LIMITED.**