

Hospice Foundation of America's Fall Program for Public & Professionals

Grief: What Helps When It Hurts

December 11, 2014

4:30 to 5:30 p.m.

James L. West Alzheimer's Center

Continuing education credits (1 hour) are available for select boards for a nominal fee.

This one-hour program will explore the ways that grief affects us – including physically, emotionally, and spiritually. Grieving a significant loss, whether by a death or separation, affects not only the way what we feel but also the ways that we think and behave. While each of us is different, there are things that we can do to help those around us and even ourselves as we cope with loss, an inevitable though painful part of both love and life. There are signs that we should be aware of, as well, that we or those we care about may need the help of counselors, clergy, or support groups as we cope with especially complicated losses.

See full program details at www.hospicefoundation.org

**Presented by
James L. West Alzheimer's Center**

**1111 Summit Ave.
Fort Worth, TX 76102**

This program is offered free of charge.

To reserve a place or for more information, please contact the **James L. West Center at 817-877-1199 or caregiver@jameslwest.org**



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In partnership with

The Coalition for Quality End-of-Life Care is a non-profit organization of volunteers committed to bringing important issues to our colleagues and the community.



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