



# Knute Nelson Hospice “Think Tank” Grief Support Groups



Tuesdays, January 25- March 1, 2022

*Support to work through grief and heal the mind, body, and soul.*

Grief can feel very lonely and isolating. One of the best ways to work through the grieving process is by attending a grief support group with people who can understand what you are going through. It is easy to feel misunderstood in the world after loss, and a strong support group can provide you with a safe place of understanding.

**NOTE: Two sessions are being offered. One is in Alexandria and the other in Wadena. Both will be held the same day, but at different times. When registering please choose which session you want to attend.**

## Option 1 - Alexandria

- What:** SESSION 1: **A six-week Grief Support Group – ALEXANDRIA** (Morning Session)
- Where:** Nelson Gables – 1220 Nokomis St., Alexandria, MN (Use the first door when you enter parking lot.)
- When:** Held Tuesday mornings from **10:00am – 11:30am**
- January 25
  - February 1, 8, 15, 22,
  - March 1
- Registration:** Contact Deb Hadley, Bereavement Manager
- Phone: 507-759-3438
  - Email: [deb.hadley@knutenelson.org](mailto:deb.hadley@knutenelson.org)
  - **YOU MUST REGISTER – Deadline: Friday, January 21, 2022**
- Class Size:** Limited to 8 Participants

## Option 2 - Wadena

- What:** SESSION 2: **A six-week Grief Support Group – WADENA** (Afternoon Session)
- Where:** Immanuel Lutheran Church - 403 2<sup>ND</sup> St SE, Wadena, MN
- When:** Held Tuesday mornings from **1:30pm – 3:00pm**
- January 25
  - February 1, 8, 15, 22,
  - March 1
- Registration:** Contact Deb Hadley, Bereavement Manager
- Phone: 507-759-3438
  - Email: [deb.hadley@knutenelson.org](mailto:deb.hadley@knutenelson.org)
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