



**Lunch & Learn
Grief Support Group
Video & Discussion
February 13, 2018
Dover-Foxcroft
Congregational Church
11:00 A.M.—1:00 P.M.**

Join us for a viewing of *The Transforming Power of Caregiving* followed by a delicious lunch and a discussion. This is a valuable video which will help you explore how life changes and how to create a “new normal” after the death of someone you have cared for. Whether you have cared for your loved one for one year or many years, the life and routine you have lived comes to an abrupt end. While caregiving, you have become a different person—and learning who you are today, and how you are changed by your experience, will be an adventure.

This video is useful not only for those who were primary caregivers for their loved one, but also for *anyone* who has experienced the death of a loved one.

Part of Pine Tree Hospice’s
Bereavement Programs
Call Pine Tree Hospice 564-4346 or
email wecare@pinetreehospice.org
to pre-register.

*A delicious lunch will be served.
There is no charge for this
event. This event is for any
adult in the community who is
experiencing grief due to death.*