

# Healing through Grief

## A 6-Week Grief Support Group

---

Every Tuesday from  
August 1st - September 5th

1p.m. -3p.m.

Bethesda Hawthorne Place  
1st Floor Activity Room  
1111 S. Berry Rd.  
St. Louis, MO 63122

Free of Charge

Facilitated by:  
Leslie Schaeffer, MSW, LCSW  
Kelly Stickley, MSW, LMSW

### Begin to heal through...

...sharing as much or as little as you feel comfortable in a non-judgmental place.

...addressing some of the difficulties and struggles that you have dealt with through your grief.

...connecting with others who have experienced a loss.

...learning helpful ways to move forward through grief from peers and facilitators.

...identifying ways to reinvest in yourself and your future.

---

For more information or to RSVP  
Contact Leslie Schaeffer at  
314-373-7025 or  
[lschaeffer@bethesdahealth.org](mailto:lschaeffer@bethesdahealth.org)

**BETHESDA** Hospice Care

[www.bethesdahealth.org](http://www.bethesdahealth.org)