

# Beginning Again...



## *Journey Through Grief*

The death of a loved one can make you feel sad, confused & overwhelmed. These are normal reactions but they still hurt. James A. McAlister Funerals & Cremation sponsors FREE workshops to the community to help ease your hurt, led by Elena Bell, a licensed social worker with 30 years experience in grief counseling.

*Journey Through Grief* is a **FREE eight-week program** to help you navigate grief in a small group setting, talking about grief & its many meanings while exploring how to live without your loved one. **Sessions build upon each other so attendees are not admitted after the second week of each session.**

### **STARTING NOW—Remaining 2018 Dates and Times**

**Thursdays August 23—Oct. 11 4PM- 6PM**

**Tuesdays October 23—Dec. 11 10AM—NOON**

**\*\*Pre-registration required—Call 843-766-1365\*\***



Elena Bell, Facilitator  
*Journey Through Grief*



**JAMES A. McALISTER**  
*Funerals & Cremation*

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