

HOPE TREE

A reminder for all those children, teens, and adults mourning the loss of a loved one, the

*Hope Tree Grief
available. Meetings are
every month at 6 p.m.
located at 380 E.
the indoor pool)*



*Support Group is
the 4th Thursday of
at the Rec Center
Haskell Street (next to*

Just Remember:

- ☐ *Take one day at a time*
- ☐ *Give yourself time to heal*
- ☐ *Don't be afraid to cry, tears are healing*
- ☐ *Be aware of the pain of your family and friends*
- ☐ *Anger, guilt, confusion, and forgetfulness are common responses. You're not crazy, you're mourning*
- ☐ *Be patient with yourself and others*
- ☐ *Know that you will never be the same again, but you can survive and go beyond surviving.*

Please call the  FCAA at 623-9003 to register.