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.