

# Is your heart Broken? Lost? Stuck?

Learn the action plan that  
allows you to let go of pain  
following:

- Death
- Loss of health
- Job loss
- Relationship
- Any other loss

Join us for an informational  
session about this **FREE**  
grief recovery group!

Grief myths:

Grieve alone

Time heals all wounds

Replace the loss

Be strong for others

Bury your feelings

## Information meeting: 6 - 7 p.m.

**\*NEW NIGHT\***

**Tues., July. 8, 2025**

**Fitzgibbon Hospital**

**Classroom suite (2nd floor)**

**Call (660)831-3235 for information  
or visit [www.fitzgibbon.org/grief](http://www.fitzgibbon.org/grief)**

Made possible through  
Fitzgibbon Home Health & Hospice  
Memorial Funds



Group led by  
**Dr. Richard DeFord**  
Chaplain-BC

