

Understanding Your Grief

An 8-week support group to help yourself heal

Free and open to anyone needing support

You are invited to "Understanding Your Grief," an 8-week support group for those who have suffered the loss of a family member or friend and are seeking support and education in their journey through grief.

**Nov. 4 – Dec. 23
Tuesdays , 1 – 2:30 p.m.**

Behner Funeral Home & Crematory
203 S. Main St. Fairfield, IA 52556

Pre-registration is required. Please contact:

Allison Smith, EveryStep
Bereavement Counselor
ansmith@everystep.org
(319) 201-9513

Rachel Brown, Behner Funeral
Home Aftercare Specialist
rachel@behnerfh.com
(641) 472-4116



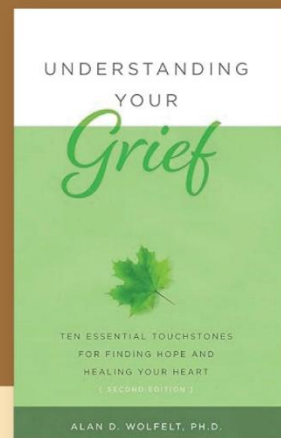
EveryStep

Grief & Loss Services

everystep.org



Each participant will receive Dr. Alan Wolfelt's book, "Understanding Your Grief," and will learn about the Ten Essential Touchstones for finding hope and healing through loss.



THE TEN ESSENTIAL TOUCHSTONES

1. Open to the presence of your loss
2. Dispel misconceptions about grief
3. Embrace the uniqueness of your grief
4. Explore what you might experience
5. Recognize you are not crazy
6. Understand the six needs of mourning
7. Nurture yourself
8. Reach out for help
9. Seek reconciliation, not resolution
10. Appreciate your transformation